



Full Schedule

WINTER 2023

Monday	9am ~ Slow Flow Yoga	Asha
Tuesday	9am ~ Pilates 10.15am ~ Gentle Yoga 5.30pm ~ Candlelight Yin	Jules
Wednesday	7am ~ Qi Gong 9am ~ Wellbeing Yoga	Jules
Thursday	5.30pm Hatha Yoga	Clare
Friday	8am ~ Qi Gong 9.15am ~ Wellbeing Yoga	Jules
Saturday	8am ~ Beach Yoga (Mudjimba)	Jules
 	Liforcewellbeing.com 260 Dixon Rd, Buderim (The Square Dance Centre)	