

CHRISTMAS & NEW YEAR'S REDUCED TIMETABLE

A very Merry Christmas and Happy New Year from the whole ASMY Team! We have loved practicing with you throughout 2024, and may 2025 bring a deep sense of peace and happiness to all.

Sunday 15/12 5:00 – 8:00pm

Full Moon Christmas Kirtan Party @ Justins Park Burleigh Heads
Mantras ~ Music ~ Carols ~ Community

Friday 20/12 (Reduced Timetable Begins)		
9:00 – 10:00am	Stretch & Relax	Nathan
10:15 – 11:00am	Deep Peace Meditation	Emily
4:30 – 6:00pm	Nourishing Yin & Meditation	Darlene
Saturday 21/12		
8:00 – 9:00am	Vinyasa Flow	Carolyn
Sunday 22/12		
8:30 – 10:00am	Nourishing Yin & Meditation	Darlene
Monday 23/12		
9:00 – 10:00am	Grounding Hatha	Carolyn
10:15 – 11:00am	Deep Peace Meditation	Emily
5:30 – 6:30pm	Vinyasa Flow	Emma
Tuesday 24/12		
7:30 – 8:30am	Vinyasa Flow	Emma
Wednesday 25/12 & Thursday 26/12 (Public Holidays ~ Closed)		
Friday 27/12		
8:00 – 9:00am	Grounding Hatha	Nathan
4:30 – 6:00pm	Nourishing Yin & Meditation	Darlene
Saturday 28/12		
8:00 – 9:00am	Vinyasa Flow	Carolyn
Sunday 29/12		
8:30 – 10:00am	Nourishing Yin & Meditation	Darlene
Monday 30/12		
8:00 – 9:00am	Vinyasa Flow	Carolyn
4:00 – 5:00pm	Grounding Hatha	Suzie
Tuesday 31/12		
8:00 – 9:00am	Grounding Hatha	Nathan
Wednesday 1/1 (Public Holiday ~ Closed)		
Thursday 2/1		
7:30 – 8:30am	Grounding Hatha	Darlene
4:00 – 5:00pm	Stretch & Relax	Aniko
Friday 3/1		
9:00 – 10:00am	Stretch & Relax	Nathan
10:15 – 11:00am	Deep Peace Meditation	Emily
4:30 – 6:00pm	Nourishing Yin & Meditation	Darlene
Saturday 4/1		
8:00 – 9:00am	Vinyasa Flow	Carolyn
Sunday 5/1 (New 2025 Timetable Begins)		

6 & 12 Month Membership Freezes: If you need to freeze your membership during this time we require a minimum of 1 week online written notice prior to the freeze taking place, email: janina@asmy.org.au

External Classes (Robina, Southport, Nerang, Labrador & Burleigh Heads):

Last class Thursday 19/12, first class Sunday 5/1.