

# CAVES HOUSE HOTEL, YALLINGUP

## IN THE GARDEN

2023/24 Program

### THURSDAY

7.30am YIN YOGA - SAL MOULE  
COMMENCING 4 JANUARY

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### FRIDAY

8:00am HATHA/KUNDALINI YOGA  
WITH JEAN MICHEL-DAVID  
9:15am PILATES WITH LAUREN JAMES

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### SATURDAY

8.00am BREATH/MOVEMENT-  
WITH DAVE & DEVI  
9.15am KIDS/FAMILY YOGA WITH  
KERSTIN WOOSNAM

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### SUNDAY

8.00am IYENGAR YOGA-ALLY HATELY  
9.30am PANEURHYTHMY-  
JEAN MICHEL-DAVID

BYO MAT/TOWEL

COST \$20 CASH \$22 CARD/ KIDS/FAMILY YOGA \$12

No bookings required