



*Lifeforce Wellbeing*  
**YOGA**  
 QI GONG • PILATES • MEDITATION  
[lifeforcewellbeing.com](http://lifeforcewellbeing.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			Qi Gong (45 mins)		6am* Power Flow  8-8.45am Qi Gong *	Beach  Yoga
9am	Slow Flow Yoga	Chi Ball Pilates *	Wellbeing Yoga *		9.15am Wellbeing Yoga *	
10:15am		Beginners Yoga				
5:30pm		Mindful Flow		Restorative Yin (online)		* online



For daily updates and latest news visit:  
[facebook.com/Lifeforce.Wellbeing/](https://facebook.com/Lifeforce.Wellbeing/)

\$25 casual class or \$190 for 10 class pass (6 month expiry)  
 \$30 per week – MEMBERSHIP – UNLIMITED CLASSES (DIRECT DEBIT – 6M)

**The Square Dance Centre (small hall). 260 Dixon Road, Buderim**

**Jules Allen - 0438 552 505**

Email: [lfwbyoga@gmail.com](mailto:lfwbyoga@gmail.com) Website: [www.lifeforcewellbeing.com](http://www.lifeforcewellbeing.com)

You can book and pay for all classes and passes here - <https://lifeforceyoga.as.me/>

