

2019

Chrysalis Relaxation Centre

129 Mulgrave Road, Cairns

www.chrysalis.net.au

email: cocoon11@bigpond.com

Telephone: (07) 40575584

Mobile: 0400 472273

MONDAYS

10.30-11.30am 2nd Monday each month. Crystal Chakra
MEDITATION using clear quartz crystal singing bowls.
Phone: Renee on 40557172 or 0428 846 799.. Cost \$10

5.45-7pm **SUNSET FLOW YOGA** with Rebecca Pinder. Cost \$15
Ph: 0414 225 333.

TUESDAYS

9-10.30am **HATHA YOGA** with Marilyn Pratt I.Y.T.A. Enquiries
to 40 542485 or 0423 045 145. Cost \$15.

5.45-7pm **HATHA YOGA** with Helen Rivett Dip. I.Y.T.A. Phone:
40 535910 or 0438 535910. Cost \$12.

WEDNESDAYS

11am-12 noon **EAST MEETS WEST MEDITATION** with
Patrick. Beginners welcome. Cost \$10 (Concession \$5). Phone:
0434 412 198.

7-8pm **EAST MEETS WEST MEDITATION** with Patrick.
Beginners welcome. Cost \$10 (Concession \$5). Ph: 0434 412 198.



THURSDAYS

10.30-11.30am **MEDITATION** with Christine. Beginners
welcome. Cost \$5. Phone: 0400 47 22 73.

1 - 2.30pm **HATHA YOGA** with Marilyn Pratt I.Y.T.A. Enquiries
to: 40 542485 or 0423 045 145. Cost \$15.

5.30-7pm **STRETCH THERAPY** with Catherine Traynor to
improve posture and flexibility, and help overcome neck and back
pain. Cost \$15 casual (or 10 class pass for \$135). Enquiries to:
0408 709 374.

7.30-9pm **TANTRA TEMPLE** - Meditations, inner work, and
partner and group exercises with Ella Shannon. Cost \$20 Casual,
\$15 (5 class pass), \$10 (10 class pass). Ph: 0422 406 260.

FRIDAYS

2pm-3pm **EAST MEETS WEST MEDITATION** with Patrick.
Beginners welcome. Cost \$10 (Concession \$5). Ph: 0434 412 198.