



Hot Tropical
Yoga

Shop 107, Coolangatta Place
87 Griffith St, Coolangatta, QLD 4225
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ABN 867 6030 7575

November Activities 2009

☸ Monday 2nd Nov 2009

\$21 for 21 Days

Available to NEW and Pre-2009 Students

21 unlimited consecutive days begins on date of purchase

Available for purchase throughout Nov 2009

Take as many or as few classes as you like!

☸ Tuesday 3rd Nov 2009

Melbourne Cup Hot Yoga Comp

Participate in the 6.00am class today to try and win a prize and have some fun.

Got to be in it, to win it!

☸ Saturday 7th Nov 2009

Studio Closed – 8.00am Class

Due to The Byron at Byron HTY Yoga Retreat this weekend, the studio is closed.

All passes work around this date – sorry for any inconvenience caused.

See you Monday!

☸ Sunday 15th Nov 2009

Gold Coast Yoga Aid Challenge

Queen Elizabeth Park, Marine Parade, Coolangatta

108 Sun Salutes for Charity

Yoga stalls & goodies

Come to participate, sponsor, shop or watch!

You can still register online at www.yogaaid.com.au for FREE – everyone welcome!

☸ Saturday 5th Dec 2009

Xmas & 3rd Birthday Dinner

6pm QLD Time = 7pm NSW Time

Red Hot Thai, Kingscliff

Partners & friends welcome

RSVP by 23 Nov 2009

☸ WHAT'S HOT? ☸

☸ **2 New Clothing Ranges** – Shake Your Buddha & Oscar Mimosa coming this Nov to the studio!!

☸ **Hot Yoga Teacher Training** – March 2010 – 1 Mth Intensive – HTY students have first preference
Email michelle@hotyoga.com.au for your Application Pack today!

Purify your mind ... Detoxify your body ... Enliven your spirit ...