






The Rocci Tree Weekly Online Schedule




for the week commencing 18th January

THE ROCCI TREE
YOGA. WELLNESS. LIFE








Monday

-  9.45 am Restorative & Alignment with Rocci
-  12.00 pm Lunchtime Yoga with Rocci
-  5.45 pm Slow Flow with Matthew
-  7.30 pm Alignment & Strengthening with Rocci
-  9.05 pm FREE Meditation class with Rocci





Tuesday

-  12.30 pm Lunchtime Yoga with Natasha
-  6.00 pm Flow & Therapy with Natasha
-  7.45 pm Yin Yoga with Natasha



Wednesday

-  9:30 am Pilates with Natalie -
-  10.15 am Early Days Wellness Class with Helen - NO MORE BOOKINGS AVAILABLE
-  12.00 pm - Corporate Yoga class with Rocci - NO BOOKINGS AVAILABLE, PLEASE CONTACT THE OFFICE TO ARRANGE OR FOR FURTHER DETAILS
-  1.00 pm Lunchtime Yoga with Natalie
-  1.00 Mum & Baby Yoga with Rocci
-  7.30 pm Pregnancy Yoga Drop-in with Rocci
-  8.00 pm Restorative & Alignment with Mary


Thursday

-  12.00 pm Family Yoga with Mary
-  12.30 pm Lunchtime Yoga with Mary
-  7.30 pm Detox Yoga course with Helen - NO BOOKINGS AVAILABLE, PLEASE SEE BELOW FOR FUTURE COURSES
-  7.30 pm Pregnancy Yoga course with Rocci - FULLY BOOKED, PLEASE SEE BELOW FOR FUTURE DATES


Friday

-  10.00 am Flow & Therapy with Natasha
-  12.30 pm Lunchtime Yoga with Helen

Saturday

-  8.00 am Restorative Strengthening Flow with Natalie

Sunday

-  9.30 am Sunday Best - with Natasha

Save the Date

- 31st January - NEW Full Ashtanga Vinyasa workshop with Natasha
- 6th February - NEW 4-week Yin Yoga course with Natasha
- 11th February - NEW 8-week Pregnancy course with Rocci
- 28th February - Moon Salutation workshop with Matthew
- 4th March - NEW 4-week Intro to Yoga course
- 23rd April - Weekend Retreat at Dev Aura

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Anytime



Well Women



Pregnancy



Mum & Baby



Yoga Kids



Workshops, Courses & Special Events



Teacher Training courses