

Year Planner 2020



High Aspirations
Sarah Collin

Weekly Classes

TUESDAY

7am Yoga – HA Studio
9am Yoga – HA Studio

WEDNESDAY

10am Meditation – HA Studio
5.30pm Yoga – Bunbury

THURSDAY

5.30pm Yoga – HA Studio
7pm Meditation – HA Studio

FRIDAY

9.30am Yoga – Australind

TERM DATES

1: 4 FEB – 9 APR • 2: 28 APR – 12 JUN
3: 21 JUL – 25 SEP • 4: 13 OCT – 18 DEC
NO CLASSES ON: FRI 10 APR, FRI 19 JUN



Studio Events

COME ALIVE! Vision Workshop
10am-4pm Sun 19 Jan

DEEP RETREAT: 10am-12pm Saturdays
22 Feb • 6 Jun • 22 Aug • 17 Oct

SOUL SPA: 9am-12pm Sundays
9 Feb (full moon) • 17 May • 2 Aug • 6 Dec

YOGA & WRITING PLAY
1-4pm Sat 31 Oct – Halloween

Global **Friday 14 August**
Yoga Therapy Day



Special Events

Yoga Journals

Winter Solstice Retreat 19 – 21 Jun | Lesmurdie

**Wellness
Agents**

SUMMIT: TBA September | Bunbury
stay tuned for this exciting collaboration!

15 YEARS of High Aspirations • Celebration in November

register highaspirations.com.au • blog sarahcollin.com

Six-Week Courses

MEDITATION

Meditation for Beginners
6-7.30pm Tuesdays • 11 Feb – 17 Mar

YOGA THERAPY

Revive & Restore for Men
6-7pm Tuesdays • 28 Apr – 2 Jun

Hormone Balance for Women
1-2.30pm Fridays • 8 May – 12 Jun

Understand & Support Your Spine
5.30-7pm Tuesdays • 28 Jul – 1 Sep



One-on-one Appointments

Sarah is available for yoga therapy and transformational coaching by appointment.
Visit the website for details.

