

mon	tues	weds	thurs	fri	sat	sun
			7 - 8:15 HOT 1-2 Tracey	7 - 8:15 HOT 1-2 Tracey	7 - 8:15 HOT 1-2 Tracey	8:30 - 9:45 HATHA 2 Cathryn
9:15 - 10:45 HATHA 1 Cathryn	9:15 - 10:45 HATHA 1 Peter	9 - 10:45 Comprehensive (apply to attend) Peter	9:15 - 10:30 Foundation Basics (enrol to attend) Tracey	9:15 - 11 HATHA 2 Peter	9 - 10:30 HATHA 1-2 Tracey	10:15 - 11.30 Foundation Basics (enrol to attend) Cathryn
11:15 - 12:30 HATHA 1-2 Cathryn	11:15 - 12:30 Foundation Basics (enrol to attend) Peter	11 - 12:30 HATHA 1-2 Peter	11 - 12.30pm HATHA 1 Peter	11:15 - 12:30 Foundation Basics (enrol to attend) Peter	11 - 12:15pm Foundation Basics (enrol to attend) Shona	
6 - 7:30pm HATHA 2 Peter	6 - 7:30pm HATHA 2 Viviane	6 - 7:15pm HATHA 1 Cathryn	6 - 7:15pm Foundation Basics (enrol to attend) Peter	6 - 7pm RELAX & RESTORE Viviane		
7:45 - 9pm Foundation Basics (enrol to attend) Peter	7:45 - 9pm HATHA 1-2 Sylvia	7:30 - 8:45pm Foundation Basics (enrol to attend) Cathryn	7:30 - 8:45pm Meditation (enrol to attend) Peter			

As of 2 November 2019 - timetable subject to change - check web site for latest

FOUNDATION BASICS

Get a solid understanding in the basics of yoga with our 6 week course. Enrolment required. The best option for beginners.

HATHA 1, 2 (non-heated room)
Level 1 is for those in the initial stages of yoga practice; post Foundation Basics course; seeking a gentler asana practice; with minor injuries; mums-to-be.
Level 2 focuses on technique & alignment, combining strength work & deep stretches with breathing and meditation practices.

HOT Level 1-2 (heated room 31°C)
A mixture of flowing and steady sequences in a dynamic style.
Developing strength, flexibility and fitness on all levels, physically & mentally.

Relax & Restore

A gentle reviving practice suitable for all. Included in Foundation Basics course.

Meditation

An ongoing 6 week course suitable for beginners and the more experienced.

Comprehensive (apply to attend)
A 12 month program to take your yoga to a deeper level. Enquire for details.

Yoga Therapy

If you have an injury or health problem, we suggest individual therapy classes customised for you. Contact Peter for details.