

# Yoga times



Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

9.45 - 11 am  
**Contemporary Yoga**  
 Grace  
 Heart  
 Balance  
 Rest  
 with Karla

9.30 - 10.50 am  
**Yin Yoga**  
 Breathe  
 Nurture  
 Restore  
 with Karin

9.45-11 am  
**Contemporary Yoga**  
 Ease  
 Connect  
 Deeply rest  
 with Karla

7.30-8.45 am  
**Ashtanga**  
 LED  
 Move  
 Breathe  
 Invigorate  
 with Vicki

7.15-9.15 am  
**Ashtanga led to Mysore style**  
 Internal rhythm  
 Grace  
 Focus  
 with Vicki

11.30 am - 1 pm  
**Wellness**  
 FREE  
 For people living with chronic illness or long-term health conditions  
 with Karla / Jennifer  
 Tanya / Robin

9 - 10.45 am  
**Individual Asana**  
 SUPPORTED SELF PRACTICE  
 Cultivate  
 Personalise  
 with Martina

4-5.30 pm  
**Hatha Shadow**  
 Grow  
 Explore  
 with Martina

4-5:30 pm  
**Individual Asana**  
 SUPPORTED SELF PRACTICE  
 Cultivate  
 Personalise  
 with Martina

11 am - 1 pm  
**Hatha Shadow**  
 EXPERIENCED  
 Philosophise  
 Arrive  
 with Martina

3-4 pm  
 or 4.30-5.30 pm  
**Sound Bath**  
 MONTHLY  
 Pure rest  
 Pure sound  
 Pure indulgence  
 with Tonia

6.00-7.15 pm  
**Contemporary Yoga**  
 Gentle  
 Foundations  
 Breath  
 with Karla

5.45-7 pm  
**Hatha Shadow**  
 Begin  
 Heat  
 with Martina

4-5.30 pm  
**Rest Gathering**  
 MONTHLY  
 Slow  
 Settle  
 Support  
 with Karla

7-8.15 pm  
**Ashtanga**  
 LED  
 Breath  
 Rhythm  
 Foundation  
 with Vicki

7.30-8.50 pm  
**Contemporary Yoga**  
 EXPERIENCED  
 Rest  
 Roll  
 Form  
 Flow  
 with Karla

7.30-8.50 pm  
**Restorative**  
 Breathe  
 Nourish  
 Regenerate  
 with Karla

4-6 pm  
**Yin Bliss**  
 MONTHLY  
 Breathe  
 Nurture  
 Restore  
 with Karin

