

EVERYDAY INSPIRATION YOGA & MEDITATION STUDIO TIMETABLE



Term 1 2018: Monday 15th January to Thursday 12th April

	MON	TUES	THURS	FRI	SAT
8am					<i>Yoga Fusion</i>
9:15am		<i>Yoga Flow</i>		<i>Yoga Flow</i>	
5:30pm			<i>Back Health</i>		
6:30pm	<i>Yoga Flow</i>		<i>Yoga Flow</i>		
7:45pm	<i>Yoga Flow</i>				



Yoga Flow

Yoga Flow is a Hatha based Flow Vinyasana style of class that links movement (asana) with the breath. It blends balance, strength, flexibility and power. It's a great way to stay active and even burn calories. A fun and upbeat yoga class that is balanced by finishing off with gentle relaxation. Every week the class is different so you get to experience a wide range of yoga poses.



Back Health

Yoga for Back Health is a speciality class. You will learn how to use Yoga as a form of self-care to promote a healthy back and create strength and flexibility. We focus on core stability and gentle mobility poses to enhance spinal alignment. It's also a great beginner yoga class. A Dr's clearance may be required for chronic pain conditions.



Yoga Fusion

**8am - 9:30am
Yoga Flow Fusion with Restorative Relaxation Yoga**
A great way to leave the stresses of your week behind and refresh yourself for a relaxing weekend. 8am - 8:45 am is Yoga flow and 8:45 am - 9:30am is restorative relaxation yoga. Restorative Yoga is all about relaxation and letting your body unwind.

ONE ON ONE PRIVATE YOGA: Like anything new, when learning Yoga it can feel like a foreign Language to start with. There are new terms to learn, places your body has never gone before and the fact that everybody's body is different.

Ask about our one on one tuition. It's great for a beginner or for anyone who may have any injuries or illnesses and need a tailored practice.

Larissa Halls is an internationally registered Yoga teacher with over a decade experience in the health and healing industry. See our website for more information, upcoming special events, yoga pricing and a full list of offerings.



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