



Caulfield South Community House

Yoga Classes at Caulfield South Community House

Hatha flow class incorporating the traditional aspects of Hatha Yoga – asanas (postures), breath, mindfulness and listening to the body while flowing and moving with the breath to strengthen the body, calm the mind and open the heart.

Yoga class appropriate for all ages, accommodating beginners through to more experienced yogis.

All Yoga Classes are \$13.00 per participant (\$12.00 for concession)

Yoga participants to join as Community House members @ \$15 per annum

Tuesday evening class: 7.00pm – 8.00pm

Saturday morning Class: 9.00am – 10.00am

Sunday afternoon Class: 4.00pm – 5.00pm

Entry Via Double Blue Hall doors

