

HEALTH & WELLBEING

Hatha Flow Yoga

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 for beginners through to more experienced yogis.

Cost: \$14.00 per class (concession for 10 class pass)

Wednesday 7.00pm – 8.00pm

Saturday 9.00am – 10.00am

