



# 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 (\$11.00 for concession)**

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

**Tuesday Evening Class: 7.00pm – 8.00pm (with Nicole)**

**Thursday Morning Classes 6.15am – 7.15am (with Vanessa)**

**Saturday Morning Classes 9.00am – 10.00am (with Vanessa)**

**Entry via the Hall Double Doors**

