



blue body
buddha sanctuary

4th July 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wed</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:30 to 9:30 Chair Yoga Rachel	8:30 to 10 Slow Flow Michelle	8:30 to 10 New to Yoga Helen	8:30 to 10 Elemental Flow Helen	8:30 to 10 Yang to Yin Helen	7:30am Vinyasa Nicole
5:15-6:45pm Restorative Michelle	5:15 -6:45pm Vinyasa Judith		5:15-6:45pm Vinyasa Rachel	5:15-6:45pm Meditation & Yoga Judith	

YOGA ONLY - 10 CLASS PASS **\$170** (3 month expiry, no refunds) 90 minute **\$20**

Follow us on Facebook for weekly timetable updates, any last minute schedule changes along with workshop and alternative class info

Class Description:-

Chair Yoga – Stretching and strengthening in a seated position. Accessible yoga for those who find it challenging to get up and down off the floor

Slow Flow – a vinyasa based class with an emphasis on slow deliberate movement with focus on your breath

Vinyasa – a dynamic flow of movement and breath, building heat, and clearing the mind

Elemental Flow – using the seasons and moon cycles to balance your internal environment with the external. Strong flowing practice easing to deep rest

New to Yoga – a class focusing on fundamentals and alignment, a good way to start your yoga journey or for those who have injury or who want to be eased in gently

Restorative Yoga – using props to assist a deeply relaxing experience for the body and mind

Meditation & Yoga – a meditation focused class, using light movement to assist the mind to stillness