

YOGA SCHEDULE

MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 – 8.00am	Rise with Julia	Rise with Pauline	Rise with Julia	Rise with Julia	Rise with Julia	Rise with Pauline	Rise with Julia

EVENING

4.30 – 5.30pm							
6.00 – 7.00pm	Flow with Pauline	Yin with Pauline	Flow with Julia	Flow with Pauline	Yin with Pauline	Flow with Julia	Flow with Julia

Private Session

One on one session with the yoga instructor of your choice.

More information at reception

Rise

This class is taught at a soothing and relaxed pace. Perfect for the beginner practitioner. A well-rounded practice with the emphasis on awareness and breath.

Flow

Find your focus and balance on your legs, strength and ease on your board.

Hatha

Typically involve a set of physical postures and breathing techniques. These are typically practised more slowly and with more static posture

Yin

Nourish your tired muscles hold floor poses, activating the chi-flow, deep stretch for the connective tissue.