

# YOGA SCHEDULE

MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 – 8.00am	<b>Rise</b> with Matilda	<b>Rise</b> with Matilda	<b>Rise</b> with Matilda	<b>Rise</b> with Matilda	<b>Rise</b> with Pauline	<b>Rise</b> with Pauline	<b>Rise</b> with Julia

EVENING

4.30 – 5.30pm							
6.00 – 7.00pm	<b>Flow</b> with Matilda	<b>Yin</b> with Matilda	<b>Flow</b> with Matilda	<b>Flow</b> with Matilda	<b>Yin</b> with Pauline	<b>Flow</b> with Julia	<b>Flow</b> with Pauline

## 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.