

Monday

Iyengar Yoga

10-11:30am with Fran

Yoga to improve your posture, alignment and body awareness, taught in a traditional Iyengar style.

Kids Yoga

3:45-4:30pm with Nadia

Yoga for ages 5-9 years.

Big Kids Yoga

4:30-5:15pm with Nadia

Yoga for ages 9-12 years.

Physio Flow

6-7:15pm with Liz

Therapeutic yoga taught by a physio/yoga teacher to improve your breathing, balance, strength and flexibility, incorporating modern anatomy principles and core activation. This is a flow class, movements are taught with the breath. Beginners welcome.

Vinyasa Flow

7:30-8:30pm with Debbie

This is an Ashtanga style class which gradually leads the student to a vibrantly healthy body and mind. A specific sequence of postures is practiced to create heat in the body, igniting your natural ability to detoxify on a mental, physical and emotional level. All students ready to explore a deeper practice are welcome to join the class.

Tuesday

Strengthen & Stretch

6:30-7:30am with Valli

This class combines resistance exercises using therabands and yoga inspired stretches. Perfect for all levels and ages this session will improve your strength, flexibility, tone up the body and boost your stamina.

Gentle Yoga

10-11:15am with Donna

Donna teaches a gentle style of yoga that is accessible to all. The classes encourage a deep reconnection to oneself via the feeling sense. The classes work at building strength and flexibility in a way that nurtures and encourages gentleness in the body.

Sukha Bike Yoga

6-7:00pm with Liz

Yoga for bike riders, taught by a physio/yoga teacher. Work on your stability and muscle control, on the back, core, hips and shoulders, hamstrings and hips, chest, neck and shoulder flexibility.

Mens Flexibility and Strength

7:15-8:15pm with Valli

This strength based class will see you tone up, lose weight, re-gain strength and develop flexibility. Catering for all ages and levels of fitness and those returning from injury. Ladies welcome!

Wednesday

Sunrise Yoga

6:30-7:30am with Debbie

An energising, sun-lit start to your day that works smoothly through the whole body. This class can be challenging enough to support your own transformative journey to a strong body and mind.

Ageless Yoga

9:30-10:45am with Liz

Yoga which helps to stabilise, strengthen and ease joints, suitable for people with arthritis, injuries and balance challenges.

Thursday

Physio Flow

9:30-10:45am with Liz

Therapeutic yoga taught by a physio/yoga teacher to improve your breathing, balance, strength and flexibility, incorporating modern anatomy principles and core activation.

Hatha Flow

6-7:15pm with Dominique

Experience within your own body how to support yourself as you go into each posture in a way that allows you to push your own boundaries at your own pace, in an alignment focussed class for everyone.

Friday

Sunrise Yoga for All

7-8:00am with Nadia

The class provides an energising start to the day, as we journey through the major muscle groups and joints to leave you feeling refreshed and alive. If you haven't experienced the sun rise over Warriewood beach, come along!

Warriewood Surf Lifesaving Club

Narrabeen Park Parade

P: 0405 543 263 E: liz@yogaessentia.com.au

www.yogaessentia.com.au