

# Yogaessentia

## Yoga Classes

### Term 1

New class levels to help you find the right class.

- 1** Suitable for students new to yoga postures and new to movement with breath awareness
- 2** Suitable for beginners as well as students familiar with yoga postures and breath awareness
- 3** Suitable for students familiar with yoga postures and experience at practicing yoga and experience with listening to their own needs, breath control and posture modifications within a group class.



### Monday

- 6am **Mysore Style Astanga 1-2**  
with Debbie
- 10am **Iyengar Yoga 2**  
with Franziska
- 6pm **A Balanced Practice Vinyasa 1-2**  
with Liz
- 7:15pm **A Balanced Practice Vinyasa 2-3**  
with Liz

### Tuesday

- 10am **Gentle Yoga 1-2**  
with Donna
- 6pm **Sports Recovery Class 1-2**  
with Liz

### Wednesday

- 6am **Mysore Style Astanga 1-2**  
with Debbie
- 9:30am **Ageless Yoga 1-2**  
with Liz
- 11am **Beginners Ageless Yoga 1**  
with Liz
- 7:30pm **Yin Yoga 1**  
with Leah

### Thursday

- 9:30am **Mindful Hatha 1-2**  
with Katie

### Friday

- 7-8am **A Balanced Practice Vinyasa 1-2**  
with Liz

### Saturday

- 7-8am **A Balanced Practice Vinyasa 1-2**  
with Liz - for WSLSC members only

Warriewood Surf Lifesaving Club  
Narrabeen Park Parade

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