

Yoga Classes

Term 2



Monday

- 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 Valli

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

Class levels

- 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 with experience at practicing yoga and listening to their own needs, breath control and posture modifications within a group class.

Yogaessentia

Warriewood Surf Lifesaving Club

Narrabeen Park Parade

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