

ADULT & Kids CLASSES

DAY	TIME	CLASS	BOOK YOUR MAT
Monday	9.30am	Hatha/Breath Flow Yoga & Meditaion	book now
Tuesday Kids	9.45am	Kids Yoga 2-5yo	book now
Tuesday	7 - 8pm	Meditation & Pranayama 4 week course	book now
Wednesday	6.30pm	Vinyasa Slow Flow Pranayama Relaxation	book now
Friday	8.30am	Yin Yoga Pranayama Meditaion	book now
Zoom	any of above adult classes		book now