

Yoga Classes

Padma Jala Yoga Temple - Tinbeerwah

Monday

Tuesday

Wednesday

Thursday

Friday

Monthly

5pm
Slow Flow
with Jen

5pm
Meditation Circle
with Jen & Jase

9am
Radiant Flow
with Jen

10.45am
Chair Flow
with Jen

5.15pm
Restorative Yoga
2nd & 4th Fri of each
month with Breena

Yoga Classes - 75min - Casual class \$22 | 6 x classes \$110 | 10 x classes \$175

Chair Flow - 60mins Casual - class \$20 | 6 x classes \$100| 10 x classes \$160

Meditation Circle - 60min - Casual class \$20 | 6 x classes \$100

All classes end with deep relaxation/meditation and an option for connection over herbal tea

Visit www.suncoasthealingyoga.com for class information

BOOKINGS: E: info@suncoasthealingyoga.com | Ph: 0406 089 541