

# Yoga Classes

## Padma Tala Yoga Temple - Tinbeervah

*Monday*

*Tuesday*

*Wednesday*

9am

Slow Flow  
with Jen

5pm

Meditation Circle  
with Jen & Jase

10.45am

Chair Flow  
with Jen

*Thursday*

*Friday*

*Monthly*

9am

Radiant Flow  
with Jen

5pm

Slow 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](http://www.suncoasthealingyoga.com) for class information

BOOKINGS: E: [info@suncoasthealingyoga.com](mailto:info@suncoasthealingyoga.com) | Ph: 0406 089 541