

Yoga Classes

Padma Tala Yoga Temple - Tinbeervah

Monday

Tuesday

Wednesday

9am

Slow Flow
with Jen

5pm

Radiant Flow
with Adhi

10.45am

*Chair Flow
with Jen

Thursday

Friday

Monthly

9am

Radiant Flow
with Jen

5pm

Slow Flow
with Jen

5.15pm

Restorative Yoga
1st Fri of each month
with Breena

Yoga Classes are 75min, incl. deep relaxation,
short meditation & herbal tea

Casual class \$22 | 6 x classes \$110 | 10 x classes \$175

*Chair Flow is 60mins incl. deep relaxation & herbal tea

Casual class \$20 | 6 x classes \$100 | 10 x classes \$160

Visit www.suncoasthealingyoga.com for more information

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