

Yoga Classes

Padma Jala Yoga Temple - Tinbeerwah

Monday

Tuesday

Wednesday

9am Slow Flow

Beginners - Experienced

11am Chair Flow

Limited mobility

Thursday

Friday

Monthly

9.30am Radiant Flow

Mixed level

Subscribe to newsletter

for news and events

5.15pm Slow Flow

Beginners - Experienced

5.15pm Restorative

2nd & 4th Fridays of month

All levels

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