

Class Timetable & Class Descriptions
All classes are for one hour
(Bookings Required for all Classes)

Class Timetable						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00am						General / Dynamic
8.30am			General / Dynamic			
9.00am	Gentle Restorative					
9.30am						General / Beginners
6.30pm	General / Dynamic		General / Dynamic	General / Dynamic		

Type of Class	Description of Class
* General / Dynamic Class	Primarily an Asana (posture) based class using the breath to link movements within postures and sequences. Each class is different and designed with a goal in mind and explores different asana's and the effects on the body, breath and mind. This class is suitable for people that are reasonably healthy and is designed to suit the group with variations offered when needed. The classes generally finish with some Pranayama (breathing techniques) and depending on the class maybe some relaxation.
General Beginners	This class is best suited for people that may have some stiffness, restriction in movement, want to start with a class that is not too strenuous or just prefer this type of class. It is the same as the above class but at a more basic level.
Gentle Restorative Class	This is gentle asana class with breathing techniques and relaxation. This would suit people that have never done Yoga before and/or want something gentle. You may be recovering from illness, have movement restrictions, pain or just prefer a nice gentle relaxing class with all the benefits of Yoga. This class is also suitable for seniors.
Therapeutic / Back Class	This class is primarily for people that suffer back issues however can also be for other therapeutic purposes. It will be using Asana, Pranayama and relaxation to help relieve discomfort while also working towards stretching and strengthening. This can be an ongoing class or a transition to another class if the issue is temporary.
Pranayama & Meditation Practices	These classes will explore different Pranayama techniques, Meditation practices and other tools of yoga such as chanting. It will include some gentle postures but with the focus mainly on breathing and Meditation.

*The classes advertised as General/Dynamic are structured to suit the students attending therefore will vary from general to more dynamic depending on suitability.