

Boutique Yoga



Mon	Tue	Wed	Thu	Sat
6.00am Wake Up (60 min)	6.00am Wake Up (60 min)	6.00am Wake Up (60 min)	6.00am Wake Up (60 min)	7.30am Full Flow (90 min)
9.30am Full Flow (90 min)			9.30am Slow Flow (60 min)	
	5.30pm Slow Flow (60 min)	5.00pm Men's Yoga (60 min)	5.00pm Restore (90 min)	

Wake Up & Restore: the best way to start your day, this class begins with breath work and gentle mobilising, leading to an exhilarating, flowing blend of postures.

Slow Flow: this class is tailored for beginners or students who need to take a gentle approach to yoga.

Full Flow: this class explores strength and suppleness, combining various movement methods with yoga postures through vinyasa-style flows. Breathing, relaxation and meditation are also explored in this class.

Restore: This class aims to reach deeper within, release stagnant energy, restore vitality and strengthen weak areas. A variety of restorative practices are explored from week to week.

Men's Yoga: A class designed for men who need to untangle knots, let go of rigidity and discover balance and suppleness.

Contact:

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