

# Boutique Yoga



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

**Wake Up:** a popular practice designed to invigorate and inspire. A gentle preparation leads into more vigorous and flowing 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.

**Flow:** a flowing practice covering most of the elements of a Full Flow class but condensed into 60 minutes.

**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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