

## Group Yoga & Pilates Classes Timetable

Commencing 26 November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow 6-7am <i>Gianne</i>	Clinical Mat Pilates 6-7am <i>Sarah</i>	Yoga Flow 6-7am <i>Gianne</i>	Clinical Mat Pilates 6-7am <i>Sarah</i>	Slow Yoga Flow 6-7am <i>Yoshi</i>	Yoga Flow 7.30-8.30am <i>Gianne</i>	
Slow Yoga Flow 9-10am <i>Yoshi</i>						
	Slow Yoga Flow 6-7pm <i>Yoshi</i>					

\* Bookings essential and places are limited. Please call 5591 1816 to book.

\* Timetable is subject to change at any time. Additional classes will be added with demand.

### Yoga Flow

Based on Vinyasa Yoga, Yoga Flow offers a blend of authentic yogic practices. Through meditation, intention, pranayama and asana, you will be guided to suit your level, yet challenged, refreshed, inspired and renewed. This class integrates the spirituality and teachings of Yoga to offer a truly holistic rather than a superficial experience. This holistic approach facilitates a synergy of mind, body and spirit.

### Slow Yoga Flow

Based on Ashtanga Yoga, Slow Yoga Flow focuses on mind-body connection through breath and posture. Poses are held for longer periods, allowing more opportunity to feel breath, muscles, bones and skin. A subtle energy flow through whole of body, allowing you to experience your "whole self."

### Group Mat Pilates

Our group Mat Pilates classes offer a low impact form of body conditioning, targeted to your individual needs. The focus is on activating strength of the 'core' muscles that support the spine and balancing the muscles of the body to create better posture, flexibility and whole-body movement. It is a series of precise and controlled movements that engage the mind and body to work together to improve self-awareness and well-being. A foam mat will be your work space as the instructor works you through a series of exercises with the option of adding accessories like elastic bands, loops, rollers, core balls, weights. Don't be fooled; while Mat Pilates (versus Reformer) may not seem as exciting or challenging, many clients see results (improved strength, posture, agility, flexibility, toned muscles) within just a few mat sessions.

### Individual 1-on-1 Pilates

Aside from our group classes, we also offer one-on-one private Mat Pilates and Reformer Pilates sessions, delivered by a Physiotherapist. The cost of these classes is the same as a Physiotherapy session, and they are Private Health Fund rebatable.

