

YogaOne

oceanearth

Naturaliste Community Centre (Starts 30 October)

Tues 9.15-10.30am (*Radiant Flow*)

Thurs 9.15-10.30am (*Strong Flow*)
(School Term)

\$13 per class

\$110 for 10 classes

**Perfect
Balance Gym**

Tues & Thurs 5.30pm

Fri 9.30 (*Radiant Flow*)

Call for costs

find us in the
Natural Therapy Pages

Strong Flow

A strength building flow style of yoga (vinyasa) that synchronises breath with movement. It will build core strength, challenge your balance and give a good deep stretch, for the fitness enthusiast. Suitable for those in good health with a reasonable level of strength and flexibility and with yoga experience. Regain your core strength and light up from the inside out!

Not ideal for pregnancy, injuries, beginners.

Radiant Flow

A general level flow style of yoga (vinyasa) that synchronises breath with movement. A less strenuous class than Strong Flow for those who enjoy a more moderate class for strength, stretch and balance. A rhythmic space to create some ease in your harried day. It includes simple movements with breath to strengthen muscles and stabilise joints whilst improving their range of motion.



Yoga in Dunsborough/Yallingup

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YogaOne proudly sponsors Ecocean with profits from a monthly class donated to whale shark research & conservation.