

# Summer yoga at the new...

## Broulee Yoga Shed

Classes start Tuesday 27<sup>th</sup> December and run all through January

**11 Banksia Street Broulee** ... second on left off Candlagan Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00 – 8.30 am	Dynamic salute the sun yoga	Dynamic salute the sun yoga	Dynamic salute the sun yoga	Dynamic salute the sun yoga	Dynamic salute the sun yoga	Dynamic salute the sun yoga
10.00 – 11.30 am	Core fitness for every body	Restorative relax and renew yoga	Core yoga for every body	Stretch, relax and unwind	Core yoga for every body	Restorative relax and renew yoga
5.30 – 7.00 pm	Restorative relax and renew yoga	Core yoga for every body	Restorative relax and renew yoga	Core yoga for every body		

**Dynamic salute the sun yoga** - active flowing hatha vinyasa yoga for experienced students

**Core yoga for every body** - back to basics with breath and core strength suitable for those new to yoga and others

**Core fitness for every body** - core strength exercise for beginners and others

**Restorative relax and renew yoga** – restful supported postures, breathing and guided meditations for calming and just being

**Stretch, relax and unwind** – flexibility, expansion and gentle relaxation for all



**Casual drop-in classes. Visitors welcome.**  
**\$15 per casual class. \$50 for four class pass.**

For bookings or enquiries please call Catherine – 0421 728980

[www.radiantsunyoga.com.au](http://www.radiantsunyoga.com.au)