

VINYASA FLOW

YOGA

DOCKLANDS

Whether you are just starting out on your yoga journey or re-connecting with your practise, our friendly and relaxed small group classes can help you to build your flexibility, strength and focus. Take some time out to turn inward.

All levels and abilities are welcome.

CLASSES AND INVESTMENT

Every Monday:

45-minute Express Vinyasa Flow at 12pm - \$10 per class

Every Saturday:

1-hour Vinyasa Flow at 9am - \$15 per class

THE HUB AT DOCKLANDS

80 Harbour Esplanade

*Enter through the gate off Waterview Walk (next to the sports courts).



ROAR SPIRIT YOGA

Book at www.roarspirit.com.au

or for more information call

Lydia on 0418 572 402 - Bookings Essential

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