



Prana & Qi

Morning Qi

A gentle Vinyasa fused with Pranayama and Chinese Qi moving meditations. Suitable for all levels and ages.

Vinyasa - Flow

A flowing, dynamic form of Vinyasa, where postures are linked together using breath. Vinyasa can be a challenging, yet rewarding experience for the student, testing their strength, co-ordination and willingness to learn and develop their practice.

Prana Flow

A gentle Vinyasa class fused with Yin style Asanas and Pranayama to calm the nervous system, and restore energy to the body and mind.

Yin - Restorative

A slow, gentle, restorative class available to all levels as it works with each individuals body by using props and support.

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

1072 Beaufort Street, Bedford

TIMETABLE COMMENCING APRIL 2014

Prana & Qi	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6-7:15am		MQ		MQ			
9:15-10:30		VF		VF			
12-1pm	PF		PF		PF		
9-10:15am							YIN
10:30-11:45							VF

MQ Morning Qi

VF Vinyasa Flow

PF Prana Flow

YIN Yin - Restorative

OPENING WEEK LOVE!

Sunday April 13th - Attend YIN or VF - Receive a complimentary pass for your next class*

Tuesday April 15th, MQ - Class by donation

Thursday April 17th, VF - Class by donation

As we have an intimate sized space, bookings are highly recommended.

Casual Visit: \$20 - Bookings & Info: www.pranaiyoga.com.au

