YOGA FOR BEGINNERS WITH SUSIE ORR

YOGA FOR BEGINNERS 5 WEEK COURSE

WHEN

MONDAY 2, 9, 16, 23 + 30 AUGUST

TIME

6:45 – 8PM VIA ZOOM OR WATCH OVER THE NEXT 6 DAYS AT A TIME THAT SUITS YOU

FOR EXAMPLE: If you can't make class on Monday 23rd August, you'll receive a copy of the recording later that evening. You can then watch that week's class for the next 6 days before the next class on Monday 30 August

LOCATION

ZOOM

SUITABLE FOR

ANYONE INTERESTED IN LEARNING THE FOUNDATIONS OF YOGA. INCLUDES BASIC ASANAS (POSTURES), GUIDED BREATHING TECHNIQUES, MEDITATION AND MINDFUL MOVEMENT. RELIEVE STIFF JOINTS, MUSCLE TENSION + INCREASE FLEXIBILITY AND STRENGTH WITH A REGULAR YOGA PRACTICE

NOT SUITABLE

IF IN PAIN FROM AN ACUTE INJURY OR DURING PREGNANCY (SEE REFERRALS FOR PREGNANCY YOGA)

PRICE

ALREADY A STUDENT OF MINE?	
COURSE OF 5 ZOOM CLASSES	$80
NEW STUDENT OF MINE?	
CONCESSION PRICE APPLIES!	$50

PROPS

PLEASE HAVE YOUR OWN A YOGA MAT, TWO YOGA BLOCKS, A BLANKET OR BATH SHEET + A BOLSTER OR PILLOW TO USE DURING RELAXATION

WEAR

EXERCISE-WEAR

BOOK

BOOK YOUR PLACE IN CLASS ONLINE TO SECURE A SPOT USING MY BOOKING PAGE