

Yoga with Michaela

Yoga classes incorporating Ashtanga yoga principles - moving with a breath while focusing the mind on the body. Practice finishes with brief meditation and relaxation. RYT500 teacher/Yoga Alliance registered.

All levels welcome.

FEE: \$15 casual, \$120 pass of 10 classes.

TIME: Wednesdays, 7.30 to 8.30pm

WHAT TO BRING: Just yourself. Yoga mats available.



[Yogawithmichaela](#)

