



YOGA

STRETCH BREATHE AND RELAX

Our gentle yoga sessions promote flexibility, enhanced wellbeing and relaxation. Each session includes yoga *asanas* (stretches), breathing exercises and a meditation. Our instructor is also a qualified *Ayurveda* practitioner which ensures our yoga is gentle, authentic and grounded in the spirit for which it is intended.

Beginners group – no previous experience required

Cost: \$250 for 1 hour session