

February Schedule



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30AM	Morning Yoga <i>Breathe, Flow & Let go</i> (Shiva)		Morning Vinyasa Yoga Flow (Ghina)		Morning Yoga <i>Breathe Flow & Let Go</i> (Shiva)		
9:00AM						Morning Vinyasa Yoga Flow (Ghina)	Hatha Yoga (Ghina)
6:00PM	Slow Flow Yoga & Sound Healing (Shiva)	Hatha Yoga (Shiva)	Vinyasa Yoga Flow (Ghina)	Aerial Yoga <i>Pre-booking Required</i> (Ghina)	Crystal Bowl Sound Healing (Shiva)	Yin Yoga & Sound Healing (Ghina)	Special Event/ Workshp

Monthly Workshops

16TH [11:00AM - 12:30PM - 15\$ Entry]
Better Breath, Better Movement
 by Stephane Andre

23RD [4:30PM - 5:30PM] FREE Yoga
 [6:00PM - 7:00PM] FREE Kirtan
 & Crystal Bowl Sound Healing

Class Descriptions:

Vinyasa Yoga Flow

A dynamic and fluid flow seamlessly linking breath with movement, creating a smooth sequence of asanas

Aerial Yoga

All in one traditional yoga, pilates, and dance on a fabric hammock, allowing you to perform grounded poses, inversions, with fluidity

Crystal Bowl Sound Healing

A meditative sound journey that promotes relaxation, aligns energy and reduces stress for deep healing

Yin Yoga & Sound Healing

A meditative practice with long-held poses to deeply stretch and enhance flexibility

Hatha Yoga

A traditional practice of asanas, breathwork, and mindfulness to build strength and flexibility

Morning Yoga

Breathe, Flow & Let go

Gentle warm-ups, asanas, and pranayama, finishing with sound bowls and calming melodies

Pricing

Trial Class

Discovery Pass \$7.00

Explorer Pass \$25.00
 (3 Sessions)

(Ineligible for Crystal Bowl Sound Healing & Aerial Yoga)

Drop-in Yoga Class Pass \$10.00

**Friday Crystal Bowl
Sound Healing** \$15.00

Aerial Yoga \$15.00

Monthly Membership \$80.00
 (Unlimited | Applicable to all classes)

Contact us for booking:

012 508 218

Aum Yoga Center