

GENTLE YOGA

Seville Grove Library

78 Champion Drive, Seville Grove

Tuesday 11am -12pm: Slow Flow Yoga focuses on matching each movement to one full breath. Mind, movement and breath unite bringing the yogi within themselves. Everything outside of the practice falls away teaching us how to be present and calm in each moment.

Tuesday 12.15pm – 1.15pm: Yin Yoga postures are softened into with the support of props such as blocks and bolsters. Being in each position for a few minutes allows the body to sink into the experience of being present with self. Yin is a deeply reflective, gentle practice

Thursday 12.00pm-1.00pm: Kundalini Yoga connects the yogi to their vital energy within. Movements are simply with the focus being on the breath, waking up stagnant energy and revitalising the yogi. Gift of focus and energy

Thursday 1.15pm – 2.15pm: Chair Yoga For those that want a gentle class staying seated. Excellent for yogis that have soreness that stops them wanting to get onto the mat but enjoys movement.



if manageable \$10 if not then what you can manage

all are welcome

no need to book. no mat, no problem, let me know any questions, need
a mat, want a little reassurance, just call me

Carol 0419 973 474