



VINYASA FLOW YOGA

AT THE HACKHAM WEST COMMUNITY CENTRE

Vinyasa Flow Yoga is a fantastic form of Mat Yoga that involves moving from one type of pose to another in a flowing, beneficial way.

It is designed to increase strength, concentration, flexibility and fluid movement, and incorporates a wonderfully balanced approach to breathing that leads to meditation and stress relief.

Whether you are experienced in Yoga or a beginner looking to begin a beautiful journey, Vinyasa Flow Yoga will be a treasure for your mind, body and spirit!

Yuki has taught fitness, health and Yoga in Japan and across Europe, and hosted Sunset Yoga at Christies Beach and Moana during summer 2020.

She would love to welcome you to her class!

Please bring your own mat.

ENQUIRIES

0424 724 914

MONDAYS

6:15 - 7:15 PM

**\$10
PER SESSION**

**Our
community
centre.
The heart
of HackhamWest.**

Hackham West Community Centre
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