



Jump online for
up-to-date info



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 AM Energy and Strength Carolyn	6:00 - 6:45 AM Energy and Strength Anji	6:00 - 6:45 AM Energy and Strength Anji	6:00 - 6:45 AM Energy and Strength Amara	6:00 - 6:45 AM Energy and Strength Sami		
6:45 - 7:15 AM Mindfulness and Meditation Carolyn	6:45 - 7:15 AM Mindfulness and Meditation Anji	6:45 - 7:15 AM Mindfulness and Meditation Mariko	6:45 - 7:15 AM Mindfulness and Meditation Amara	6:45 - 7:15 AM Mindfulness and Meditation Monika	7:00 - 8:30 AM Flow and Sadhana Virginie	
7:30 - 8:30 AM Vinyasa Flow Carolyn	7:30 - 8:30 AM Grounding Hatha Darlene	7:30 - 8:30 AM Vinyasa Flow Mariko	7:30 - 8:30 AM Grounding Hatha Darlene	7:30 - 8:30 AM Vinyasa Flow Sami	8:30 - 9:15 AM Breathwork and Meditation Vrndavan dasi	8:30 - 10:00 AM Nourishing Yin Naomi
9:00 - 10:00 AM Grounding Hatha Vrndavan dasi		9:00 - 10:00 AM Stretch and Relax Andrew		9:00 - 10:00 AM Stretch and Relax Andrew	9:30 - 10:30 AM Grounding Hatha Vrndavan dasi	
10:15 - 11:00 AM Deep Peace Meditation Vrndavan dasi		10:15 - 11:00 AM Deep Peace Meditation Radha Krishna das				10:15 - 11:15 AM Community Yoga Supervised Teacher Trainees
		12:15 - 1:00 PM Community Yoga Nathan				
		1:00 - 2:00 PM Kirtan Circle Nathan				
4:00 - 5:00 PM Grounding Hatha Tatiana	4:00 - 5:00 PM Stretch and Relax Deb	4:00 - 5:00 PM Grounding Hatha Carolyn	4:00 - 5:00 PM Stretch and Relax Aniko	4:00 - 5:00 PM Grounding Hatha Darlene		
	4:00 - 5:00 PM Mindful Kids Yoga & Meditation 5-12yrs Amara					
5:15 - 6:15 PM Vinyasa Flow Anji	5:15 - 6:15 PM Grounding Hatha Suzi	5:15 - 6:15 PM Vinyasa Flow Carolyn	5:15 - 6:15 PM Grounding Hatha Suzi	5:15 - 6:15 PM Nourishing Yin Darlene		5:00 - 7:00 PM The Mantra Room (Live Kirtan) Ashraya
	5:15 - 6:00 PM Breathwork and Meditation Nathan		5:15 - 6:00 PM Breathwork and Meditation Nathan	6:30 - 8:00 PM The Mantra Room (Live Kirtan) Radha Krishna das and Madya Lila dasi		
7:00 - 8:00 PM Deep Peace Meditation Wayne	7:00 - 8:00 PM Slow Flow Sound Bath Irean	7:00 - 8:30 PM The Mantra Room (Live Kirtan) Yadunandana das and Friends	7:00 - 8:00 PM Slow Flow Sound Bath Irean			



We are a BYO mat and props space. Block and strap highly recommended, an optional \$24.95 prop purchase fee is included for these in new 6 and 12 month memberships.
 For Nourishing Yin classes we recommend two blocks, one strap and a bolster (or two large towels).

CLASS DESCRIPTIONS	
MINDFULNESS & MEDITATION	An express, uplifting morning meditation session to start your day right (\$5)
BREATHWORK & MEDITATION	A unique combination of chi kung and yoga breathing, mindfulness and mantra meditation (\$5)
DEEP PEACE MEDITATION	Our signature blissful meditation class incorporating relaxation, pranayama, mindfulness and mantra meditation (\$5)
THE MANTRA ROOM	Live Kirtan Wednesday, Friday and Sunday night A hotspot for sacred music and conscious community (\$5) Sunday nights we have a beautiful community dinner too!
KIRTAN CIRCLE	A laid back community kirtan session to calm the mind and nourish the soul. BYO instrument if you'd like to join in and learn to play some kirtan tunes for yourself! Free session (donations welcome)
COMMUNITY YOGA	G – SB – SI – SP Yoga for everybody, run in conjunction with City of Gold Coast and Veda Yoga Teacher Training (\$5)
STRETCH & RELAX	G – SB – SI – SP A half and half combo of gentle stretching and sublime relaxation (\$14/\$10 C)
GROUNDING HATHA	M - SB - SI - SP A slower static practice (\$14/\$10 C)
VINYASA FLOW	D/C – SI if you know how to manage them in a faster paced class Flowing creative sequences coordinated with breath (\$14/\$10 C)
ENERGY & STRENGTH	D/C – SI if you know how to manage them in a faster paced class Transformative and powerful, energise your body and mind (60MIN = \$14/\$10 C 45MIN = \$10/\$7 C)
NOURISHING YIN	M - SB - SI - SP Surrender into stillness, long supportive holds and deep releases. We are a BYO mat and props space; two blocks, one strap and a bolster (or two large towels) highly recommended for Nourishing Yin classes (\$14/\$10 C)
FLOW & SADHANA	D – SB – SI if you know how to manage them in a faster paced class A luxurious 90min yoga asana and meditation practice to start your weekend right (\$14/\$10 C)
SLOW FLOW SOUND BATH	G/M - SB - SI - SP Unwind with a soulful sound bath, slow movement and mantra meditation (\$14/\$10 C)
MINDFUL KIDS YOGA & MEDITATION	A solid foundation for holistic healthy living and inner peace for the next generation of yogis (MEMBERSHIPS: \$8 OR \$5 C or more than 1 child from the same family CASUALS: \$12 or \$8 C or more than 1 child from the same family During school terms only) Parents/carers jump into the Tuesday 4pm Stretch & Relax class for only \$5!
PRICES	Option 1: Unlimited Memberships (individual access to whole timetable)
	<u>Yoga Asana & Meditation</u> <u>Meditation Only</u>
	No lock in contract/cancel anytime \$30/week \$15/week
	6 months \$25/week \$12.50/week
	12 months, bonus 13th month free \$20/week \$10/week
	Option 2: Casual Drop In (prices listed next to each class above)
	FIRST TIME INTRO OFFER – 1 MONTH UNLIMITED MEMBERSHIP – ONLY \$49!