



YOU & YOURS YOGA
yoga personalised to you for you

YOGA CLASSES

| \$25 or 5x for \$99

All our classes are small and intimate to provide you with the level of attention you deserve

Energising Classes

Our Energising classes give you the opportunity to get that prana (energy) flowing through your body!

We'll awaken and align your body with a focus on strength and flexibility, raising your energy vibrations and you'll leave feeling fresh and focused!

Restorative Classes

Our Restorative classes are run later in the evening, giving you the opportunity to unwind from your day and to connect to yourself.

We'll focus on aligning and restoring your body, calming your mind and your nervous system, leaving you feeling relaxed and balanced!

PRIVATE ONE ON ONE YOGA

| \$85 or 5x for \$359

Treat yourself and take some time out FOR YOU! Disconnect from all the noise of the external world and reconnect to yourself with a one on one personalised Yoga session.

Working directly one on one with your teacher, you will set the focus/intention for your session and together using that focus as your guide, we will work with the different tools of Yoga including mindful movement, breath work, grounding, intentions/affirmations, and meditation to achieve your desired outcome



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PERSONALISED YOGA PRACTICE PROGRAMS

| \$499

A personalised yoga practice is the ultimate self-care gift you can give to yourself!

Our personalised yoga practice programs consist of 5 sessions where we take into account you, your lifestyle, your goals, and aspirations to design a yoga practice suited specifically to YOU for YOU!

Firstly, we will get to know you a little better, find out about your lifestyle, health history etc. We then start setting some yoga goals together using the tools and magic of yoga. Each session we will focus on a different tool and work together on combining and exploring a variety of tools which is best suited for you to create your own personalised yoga practice. At the end of your program, you will walk away with your very own yoga practice which has been designed specifically to suit your own space at your own convenience.

So whether your goal is to become flexible and toned, help you de-stress and unwind, looking to awaken your true self and discover the peace within or all of the above!

The beauty of a personalised practice is it can be design for whatever, whenever, wherever you want!

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