

Emergence Yoga Kiama

Booking your Spot

Please book your spot by contacting the instructor directly, as spaces are limited, and bring your own mat 🙏

Monday Classes

9.30am Tai Chi Alan: 0414 445 579
6pm Vinyasa Jess: 0403 291 242

Tuesday Classes

9.30am Hatha Yoga Jacob: 0478 255 020
6pm Drumming Jeremy: 0419 404 840

Wednesday Classes

6am Vinyasa Jess: 0403 291 242
8.30am Pilates & Cynthia: 0432 910 474
9.30am Adult Ballet
6pm Community Yoga Tony: 0427 055 256

Thursday Classes

9.30am Hatha Yoga Jacob: 0478 255 020
11.30am Self-Love Jane: 0422 597 857
Meditation
6pm Tai Chi Alan: 0414 445 579

Friday Classes

9.30am Yin Tony: 0427 055 256
11.30am Meditation Rebs: 0406 410 003
& Mindfulness

Saturday & Sunday Vinyasa

8.30am Saturday Katie: 0432 168 575
8.30am Sunday Tayla: 0431 478 940

JULY 2022