

TIMETABLE

May 2026

Emergence Yoga Kidna

Please book your spot by contacting the instructor directly 🙏

MONDAY	TUESDAY	WEDNESDAY
9.45am - Qigong with Michael 6pm - Yin Yoga with Tony (\$20)	9.30am - Hatha Yoga with Tony (\$20) 6.45pm - BellyZen Egyptian Bellydance w/ Leila Lisa (\$25 casual or \$100/5) (21 Apr-14 June)	9.30am - Vinyasa with Tarina (\$15) 6pm - Community Yoga with Tony (\$10)
THURSDAY	FRIDAY	SATURDAY
6pm - African Drumming with Jeremy (\$120 for 6-week session) Pre-booking necessary.	9.30am - Yin Yoga with Tony (\$20)	8.30am - Reiki, Sound & Breath Meditation with Susan (\$25) (fortnightly starting 14 March)
INSTRUCTORS Michael: 0402 929 460 Jeremy: 0419 404 840 Susan: 0457 111 664 Leila: 0474 114 577 Tarina: 0421 336 655 (Whats App) Tony: 0427055256	EVENTS & WORKSHOPS Information about upcoming workshops & events is available on our Instagram and Facebook pages. Contact us about hiring the studio and practitioner room.	
	PRIVATE CLASSES Contact us about private classes at the studio or your location.	
	42 Terralong Street ☎ 1 300 053 435	