

TIMETABLE

Emergence Yoga Kiama

Please book your spot by contacting the instructor directly 🙏

MONDAY

9.45am - Qigong with Michael

6pm - Yin Yoga with Tony (\$20)

TUESDAY

9.30am - Hatha Yoga with Tony (\$20)

6pm - Meditation/
Breathwork & Sound
Healing with Giada (\$20)

WEDNESDAY & THURSDAY

Wednesday 6pm - Community
Yoga with Tony (\$10)

Thursday 6pm - African
Drumming with Jeremy (\$120
for 6-week session) Pre-
booking necessary

FRIDAY & SATURDAY

Friday 9.30am - Yin Yoga
with Tony (\$20)

Saturday 8.30am - Soma
Breathwork and Energy
Healing with Peggy (\$25)

INSTRUCTORS

Michael: 0402 929 460

Tony: 0427 055 256

Giada: 0424 974 401

Jeremy: 0419 404 840

Peggy: 0410 689 458

EVENTS / WORKSHOPS

Find information about
upcoming workshops &
events on our Instagram and
Facebook pages

