

Emergence Yoga Kiama

Booking your Spot

Please book your spot by contacting the instructor directly
Classes are \$15 unless otherwise noted.

Monday Classes

9.30am Tai Chi Alan: 0414 445 579

6pm Vinyasa Jess: 0403 291 242

Tuesday Classes

9.30am Hatha Flow Jacob: 0478 255 020
(\$20)

6pm Relax Meditation Jane: 0422 597 857
(\$20)

Wednesday Classes

8.30am Pilates & Cynthia: 0432 910 474
9.30am Adult Ballet

6pm Community Tony: 0427 055 256
Yoga (\$5)

Thursday Classes

9.30am Yang to Yin (\$20) Jacob: 0478 255 020

11.30am Self-Love Jane: 0422 597 857
Meditation (\$20)

6pm Tai Chi Alan: 0414 445 579

Friday Classes

9.30am Yin Tony: 0427 055 256

11.30am Meditation Rebs: 0406 410 003
& Mindfulness
(1st Friday of every
month - \$30)

Saturday & Sunday Vinyasa

8.30am Saturday Katie: 0432 168 575

8.30am Sunday (\$20) Jacob: 0478 255 020

JANUARY 2023