

TIMETABLE

Emergence Yoga Kiama

Please book your spot by contacting the instructor directly 🙏

MONDAY

9.30am - Tai Chi with Alan

6pm - Vinyasa Yoga with Richard (\$15)

TUESDAY

9.30am - Hatha Yoga with Tony (\$15)

6pm - Yoga for Stress Relief with Liama (\$20)

WEDNESDAY

6pm - Community Yoga with Tony (\$5)

7:15pm - Community Yoga with Katie D (\$5)

THURSDAY, FRIDAY & SATURDAY

Thursday 6pm - Tai Chi with Alan

Friday 9.30am - Yin Yoga with Tony (\$15)

Saturday 8.30am - Vinyasa Yoga with Katie

INSTRUCTORS

Alan: 0414 445 579

Richard: 0405 582 148

Tony: 0427 055 256

Liama: 0414 079 383

Katie D: 0427 055 256

Katie N: 0432 168 575

EVENTS / WORKSHOPS

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

