

A photograph of four people (three women and one man) sitting in a circle on a sandy beach, practicing yoga. They are in a lotus or similar seated position, with their hands resting on the sand. The background shows the ocean with gentle waves and a sunset sky with a large, dark rock formation on the left. The overall mood is peaceful and serene.

yoga on SCOTLAND ISLAND

Beginner's Yoga Course

Alternate Mondays 7pm from the 22nd January 2018

\$100

Option 2: Add Saturday class on alternate week

\$180

Learn the foundations of yoga postures (asana) and breath.

Suitable for complete beginners or those that would like to refine their practice by going back to the principles of yoga

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