

Vinyasa Yoga on Scotland Island

Warm the cockles of your heart.....

Formerly known as “Dynamic Yoga”, Vinyasa Yoga returns for a new winter term from 13th July to 14th September.

ALL are welcome, whether you are new to yoga or have an established practice. Vinyasa incorporates the breath with flowing postures developing inner strength and an inner calmness of breath and mind.

The practice can be adapted to individual needs.

Saturdays 8.30-10 am in the Community Hall
\$20 drop in / \$15 per class by the term or students & concession

For more information, call Nadine on 0402 752465