



YOGAHUB



Are you completely new to yoga?

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Committing to a course allows us to support you in developing a regular practice and a regular yoga practice will bring you the most benefit. The classes are focused on foundations such as correct alignment and yogic breathing which apply to most styles of yoga.

Beginners Immersion 6am

8 classes over two weeks

Mon, Tues, Wed & Thurs 6.00am - 7.15am

Beginners Immersion Start Dates in 2019

7th January, 18th February, 18th March,
29th April, 10th June, 12th August,
9th September, 21st October, 25th November

The classes are all about asking questions and reviewing information. We build the intensity of the class up slowly so its manageable. Each class builds on the skills learnt in the previous class. Everybody is a beginner and that makes the group dynamic very accepting and comfortable.

Beginners Foundations

1 class per week for eight weeks

Monday 6:30pm - 8pm

Course Start Dates in 2019

11th February, *8th April, 10th June, 5th August,
7th October

Sunday 4pm - 5:30pm

**Course Start dates - 20th January, *24th March,
2nd June, 1st September, 27th October**

*These courses are one week longer as there is no class over the Easter long weekend.