



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.

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 Immersion

8 classes over two weeks

Mon, Tues, Wed & Thurs 6:00 - 7:15am

Beginners Immersion Start Dates in 2020

6th January, 17th February, 16th March,
4th May, 22nd June, 10th August,
21st September, 16th November

Beginners Foundations

8 classes over eight weeks

Monday 6:30 - 8:00pm

Course Start Dates in 2020

3rd February, 11th May, 13th July, 7th September,
2nd November

Sunday 4:00 - 5:30pm

Course Start dates in 2020

12th January, 19th April, 14th June, 9th August,
11th October