



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.

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## Beginners Immersion

12 classes over four weeks

**Mon, Wed & Fri 6:00 - 7:15am**

**Beginners Immersion** Start Dates in 2021

4th January, 1st March, 3rd May,  
5th July, 30th August, 1st November

## Beginners Foundations

8 classes over eight weeks

**Monday 6:30 - 8:00pm**

**Course** Start Dates in 2021

8th February, 12th April, 14th June, 9th August,  
4th October

**Sunday 4:00 - 5:30pm**

**Course** Start dates in 2021

10th January, 14th March, 23rd May, 11th July,  
5th September