

Yoga Classes with Sky

**Saturday, Sunday, Monday at Yoga Barn Studio
(8.30am - 10.15am)**

***Hatha Yoga flow, uniquely presented**

Sunday (5.00pm-7.15pm) at Bali Spirit

*** Luxurious Flow for early evening**



Develop greater flexibility and release tension by staying in the postures with comfort and focus for extended periods.

Using carefully chosen postures and words to guide you, so you can remain comfortable and centered throughout.

Spiced with Ayurvedic wisdom to assist you in making wise choices to support your diet and lifestyle. Finish with Chai and chat in Kafe.

Contact info:

www.samayoga.org | phone: 081 337 898 332