Yoga Timetable

Mondays

6:00pm – Yin with Tess

Wednesdays

5:30pm – Ashtanga Flow with Josh

Thursdays

9:30am – Yin with Tess

Fridays

6:00pm – Yin + Meditation + Stories + Events
(check website for weekly updates)

Saturdays

10:30am – Ashtanga Flow with Josh
11:45am – Kids Yoga with Josh

Sundays

8:00am – Hatha + Yin + Meditation with Alex

EQUIUM SOCIAL

$10 per class, $8 for kids
Yoga and Meditation at Equium Social
1/5 Maitland Rd, Mayfield East
www.earthie.com.au

earthie yoga

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