

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

\$10 per class, \$8 for kids

Yoga and Meditation at Equium Social

1/5 Maitland Rd, Mayfield East

www.earthie.com.au

