

# Community Yoga

Day	Time	Location	Cost	Style
Monday	6pm - 7.15pm	Brukung Hall	\$5 class (please pay cash)	A flowing hatha class that incorporates active and passive poses, breath work, meditation and relaxation. It is a friendly inclusive atmosphere and all are welcome!
Monday	6pm-7pm	Centre		Restorative Yoga focusing on relaxing the body into fully supported poses so, leading to deep healing within. Guided meditations; breathing techniques and passive stretching through long held positions up to 10 minutes. Includes light twists, seated forward folds, gentle back bends and bliss! Suitable for all bodies and experience
Tuesday	9.30am - 10.30am	Littlehampton Hall	\$10 class / \$90 qtr	An accessible yoga class! With options for simplifying or extending poses, you can work to your own capacity. Beginning in mindfulness and ending in quiet integration, enjoy a practice that limbers the body, opens the heart and calms the mind.
Thursday	9.30 - 10.30am or 11am - 12pm	Centre	\$10 class / \$90 qtr	Develop a healthy mind-body connection. Create balance in the body through developing strength and flexibility. Suitable for all levels of experience,
Saturday	9.30am - 10.30am	Centre	\$10 class / \$90 qtr	A flowing hatha class that incorporates active and passive poses, breath work, meditation and relaxation. A friendly inclusive atmosphere and all are welcome!

# Tai Chi

Day	Location	Style	Time	Cost
Wednesday	Mount Barker Community Centre	Qigong	9am-9.50am	\$4 class / \$30 quarter
		Tai Chi	10am - 11am	\$5 class / \$40 quarter
		Tai Chi Practice	11am-12pm	\$20 quarter



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**MOUNT BARKER**  
COMMUNITY CENTRE