

Community Yoga

Day	Time	Location	Cost	Style
Thursday	9.30 - 10.30am or 11am - 12pm	Mount Barker Community Centre	\$15 class	Develop a healthy mind-body connection. Create balance in the body through developing strength and flexibility. Suitable for all levels of experience.
Thursday	12.30–1.30pm			Chair yoga is a series of modified yoga poses so they can be done while seated in a chair.
Saturday	9.30am - 10.30am			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	\$7 class / \$50 quarter
		Tai Chi	10am - 11am	
Friday		Qigong	9.30am– 10.20am	



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