

# Moving Into Stillness



## Yoga Classes - Term 1 - 2026

**Mon** 8:00 -9:15am **Tues** 4:00 -5:15pm **Wed** 8:00 -9:15am  
**Fri** 2:00-3:15pm

**Prices: \$30/Class - Full Fee \$240 Due in Wk 1**

**Bookings Essential** Please contact Lisa to book, limited to 6 participants

This gentle yoga class is based on mindfulness practices, incorporating the union of breath & movement to prepare the body for meditation and present moment awareness. Yoga improves circulation throughout the body, reducing stiffness, building strength, flexibility, mobility & lowering stress. Each class includes guided yoga, restorative yoga, guided breathing & mindfulness meditation. This class is suitable for beginners to experienced practitioners, pre & post natal, seniors, frontline workers & those recovering from injury or illness. Please bring a yoga mat and wear loose comfortable clothing that doesn't restrict your breathing or movement. **Call Lisa Pollard - 0403 186 146** if you have any questions about suitability for the above classes or are interested in private yoga & mindfulness consultations.