Ashtanga Vinyasa Flow with Sharon Chng

WHEN:  Mondays (During school term)

TIME:  6:30-7:30pm

COST:  $15 per session (pay on the day)

Benefits:
- Develops and balances strength and flexibility
- Tones muscles and increases bone density
- Lubricates joints and supports spinal integrity
- Massages internal organs
- Improves circulation, revitalise and re-energise
- Develops self-awareness, a mind body connection
- Supports mental clarity and cultivates inner peace
- Honours inner wisdom

28–30 Kingfisher Drive, Hewett.
Telephone: 85230057
Email: reception@hewettcentre.com.au
Ashtanga Vinyasa Yoga

This flow class utilises postures from the first series of the Ashtanga practice. Ashtanga yoga wakes up the internal fire, igniting the dormant flame of vital life energy within.

The vinyasa system works with the synchronization of deep, rhythmic breathing and movement. This series will challenge you both physically & mentally, extending you beyond your comfort & into the deeper levels of yoga methodology.

All sessions suitable for all levels, with multiple variations & sequences to support beginners through to advance. It enables you to open and strengthen your body while having fun & being supported in a none judgemental space.

So bring along a mat, rug, blanket, some water, and wear something you feel comfortable to practise in. Try to eat minimally 2 to 3 hours prior to the class.

See you on the mat!