



Relaxing & Energising Hatha Yoga

Relaxing Yoga - Tuesday 7- 8.30pm

A lovely meditative class to strengthen, relax and restore.

Release tension and tiredness from the body, with a combination of easy yoga poses, breathing and relaxation. Rejuvenate with the gentle slow flow of movement and breath integration, enabling the body to restore and the mind to find calm.

Find ease and confidence in your body and a peaceful mind to guide you through the week.

Bring a Yoga Mat, Suitable for Everyone. All levels Welcome

Energising Morning Yoga – Saturday 8 – 9.30am

The absolute best way to start your day.

Start your weekend with a smile, feel alive and invigorated from simple yoga practices to strengthen and restore your body, calm the mind and find your ground.

With a combination of Hatha Yoga and Japanese Yoga and Body awareness exercises we find balance, strength and connection with your natural way of being.

Release any tension from the week, feel refreshed and enjoy moving through the day with ease.

Bring a Yoga Mat, Suitable for Everyone, All levels Welcome

Term 1 dates:

SATURDAY CLASS 19th January - 6th April 12 week term - \$180

TUESDAY CLASS 5th February - 2nd April 9 week term - \$135

Term 2 dates:

SATURDAY CLASS 27th April - 29th June 10 week term - \$150

TUESDAY CLASS 23rd April - 25th June 10 week term - \$150

Teenagers are welcome to join in the classes, supporting them and allowing them to develop a strong grounding and understanding of their needs to develop self-confidence and healthy body awareness.

References:

"Wonderful! Robyn is a fabulous teacher - knowledgeable, professional, thoughtful etc. She makes everyone feel comfortable and gives them the flexibility to do as much, or as little, as they choose."

JH

"Robyn is an excellent teacher and it is great to have a yoga class that is relaxing and caters to all levels." SF

"We loved it! Looked forward to it every week! Great class and teacher". LU

"I love this class. It is the perfect way to start each weekend. Getting up and out to do yoga first thing on a Saturday makes me feel that I have done something nourishing just for myself - I'm energised and ready to take on the inevitably busy weekend." TK

"Fabulous class. Robyn is a terrific teacher."

Robyn Mill

Robyn was first introduced to Hatha Yoga at the age of 12, an introduction that led to exploring many different yogic practices and styles, including Hatha and Restorative Yoga, Chinese and Japanese Yoga and Body Mind Centering, The outcome is reflected in a supportive, nurturing fun class encouraging you to follow your natural impulses, move with your internal rhythm and breath, developing body awareness, mindfulness and sense of joy. Robyn qualified as a yoga teacher in 1995 and has continued to study and teach. Robyn has been teaching yoga classes at Kenmore State School since 2010.

The classes follow the school terms and vary between 9 - 12 weeks depending on dates. The Saturday morning Term 1 class starts earlier than the school term to reduce the gap for students.

A 5 class pass is also offered for returning students, with the option to extend as required.

The class pass caters for students who know they will be away for part of the term.

To secure a position in the class, make your payment and send a text or email to Robyn.

If you would like to attend both classes or bring a family member along with you, contact Robyn for the discounted price.

The 5 class pass is available for returning students @ \$90 (Contact Robyn to organise)

Payment is made by direct deposit to Suncorp Account, BSB 484-799 Account No:024375300

Place your name in the reference with an "S" or "T" to select the class.

Robyn's contact details are:

Ph. 0410 301 986

Email. robynmill@gmail.com

If you would like to be added to the mailing list, for future classes updates, you can also request this via text or email.