YOGA WITH SYDNEY

UNROLL YOUR MAT, UNWIND YOUR MIND.

BEGINNER FRIENDLY

This yoga class draws on traditional yogic practices of asana (postures) and pranayama (breath-work) to support both body and mind.

Slow, mindful postures help stretch and strengthen the body while breath-work encourages relaxation and mental clarity.

Open to all levels, the class offers a steady, supportive space to cultivate ease and awareness.

$10 CASH | BYO YOGA MAT

EVERY MONDAY | 6PM -7PM

Western Community Centre
46 Hyde Avenue, Nawton,
Hamilton 3200

Room under green poles
No need to book, just turn up :)