

Hatha Yoga & Mantra

A rejuvenating 1-hour Hatha Yoga and Mantra Meditation class, designed to enhance your physical well-being and cultivate inner peace.

This session combines gentle yoga postures, mindful breathing, and guided mantra meditation to promote flexibility, strength, and relaxation.

Suitable for all levels, this class offers a balanced blend of movement and meditation, providing a holistic experience for both body and mind. Leave feeling centred and refreshed!

Wednesdays 02 October - 26 March

5:45pm - 6:45pm

Lyons Community Centre
25 Damabila Drive, Lyons

No bookings required!

Instructor: Kalindi - ASMY

P - 0421 710 983

E - darwin@asmy.org.au



AUSTRALIAN SCHOOL OF
MEDITATION & YOGA
DARWIN

To find out more about this activity,
contact the instructor directly.

Only \$5 per session!

To find out more about Healthy Darwin:

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