

# HEALTHY DARWIN

## Healthy Lifestyle Workshops & Short Courses 2025 Dry Season

### Sunrise Yoga

Join us for Yoga by the beach at sunrise.

Enjoy the benefits of nature, movement, and connection to breath in these early morning yoga sessions. No experience needed.

BYO yoga mat, water, and towel

**Mondays x 6** April 14, 28, May 12, 19, 26, June 02  
**6:30am - 7:15am**

**Seabreeze Slab, Nightcliff Foreshore**  
near Nightcliff Jetty, heading towards Nightcliff Pool

No bookings required!

Instructor: Jo - Darwin Yoga With Jo  
**E** - [darwin yogawithjo@outlook.com](mailto:darwin yogawithjo@outlook.com)  
**IG** - [instagram.com/darwin\\_yoga\\_with\\_jo](https://www.instagram.com/darwin_yoga_with_jo)

**Only \$10 per session  
or \$5 concession**

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

