

HEALTHY DARWIN

Weekly Activity 2025 Dry Season

Beach Walk & Beginner Beach Yoga

Start with a brisk half-hour Heart Foundation Walk (free) on beautiful Cullen Bay Beach, followed by a 45-minute Beginner Yoga class (\$5) at the top right of the beach where you will learn basic yoga via step-by-step teaching and "show and tell".

Do either or both!

BYO yoga mat, towel, water, sunscreen, cap

Saturdays 05 April - 27 September

7:45am - 9:00am

Cullen Bay Beach

(first carpark on the right)

★ Bookings required!

Go to flametreeroom1.punchpass.com to book

Instructor: Stuart - Flametree Yoga

P - 0468 362 641 / 0448 11 22 51

E - stuartcmcgill@gmail.com



Flametree Yoga Studio

Be Fit, Calm, Well, & Happy

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

Only \$5 per session!

NT Resident new to Flametree? First class FREE



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