

# HEALTHY DARWIN

## Weekly Activity 2025 Dry Season

### Beach Walk & Beginner Beach Yoga

Start with a brisk half-hour Heart Foundation Walk (free) along beautiful Fannie Bay Beach, followed by a 45-minute Beginner Yoga class (\$5) next to the playground, 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**

**Meet at Darwin Sailing Club**

5 Atkins Drive, Fannie Bay

#### ★ Bookings required!

Go to [flametreeroom1.punchpass.com](https://flametreeroom1.punchpass.com) to book

Instructor: Stuart - Flametree Yoga

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**E** - [stuartcmcgill@gmail.com](mailto: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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**DARWIN**

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