

HEALTHY DARWIN

2025-26 Wet Season Weekly Activity

Authentic Beginners' Yoga

A doable, beginner yoga class, taught in a modern, authentic style. Open to all, but especially suited to 50+yo participants to start, re-start, or further develop yoga skills.

Up to 30 core beginner yoga poses will be learnt and practised to build flexibility, conscious relaxation, and calmness, including standing poses, twists, abdominal poses for core strength, forward bends, and some preparatory inverted poses.

Mondays 05 January - 30 March

8:45am - 9:45am

Casuarina Aquatic & Leisure Centre Community Room

17 Gsell Street, Casuarina

No bookings required!

Instructor: Jo or Stuart - Flametree Yoga Studio

P - 0468 362 641 / 0448 11 22 51

E - service@FlametreeYogaStudio.com.au



Only \$5 per session!

NT Resident new to Flametree?

First class FREE

To find out more about this activity,
contact Flametree Yoga directly.



To find out more about Healthy Darwin:

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