

### Sunrise Yoga

Join us for yoga by the beach to start your week with nature, movement, and connection to breath in these early morning sessions.

No experience needed.

BYO yoga mat, water, and towel.

**Mondays** 13 April - 28 September (excluding public holidays)

**6:30am - 7:15am**

**Nightcliff Foreshore - Seabreeze Slab**

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)

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

**Only \$5 per session!**

