



Outdoor Slow Yoga

Wednesdays 9:00-10:00am

Capture cool dry season breezes with scenic views, right in the heart of Darwin's CBD in this weekly outdoor slower-paced yoga class.

Postures are generally held for longer, with transitions between poses a little slower.



The gentle nature of this class is perfect for those new to yoga, and a wonderful class for intermediate students to slow down.

Class is open to everybody.

Location: Bicentennial Park, near the Daly Street roundabout

Cost: \$5 per person

No bookings required

Contact: Emily Claire Yoga via   or Emilyclaireyoga@hotmail.com

BYO mat or towel, & a water bottle

Suitable for all fitness levels



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