

HEALTHY DARWIN

2026-27 Wet Season Healthy Lifestyle Workshops & Short Courses

Slow Sundays Yin & Restorative Yoga

A gentle, restful and deeply restorative practice that uses props, breath, time and gravity to release tension in the physical and emotional body.

Gently opening joints & stretching tendons & ligaments, Yin and Restorative Yoga also works to regulate the nervous system, release stress and calm the mind.

Sundays x two 8-week blocks

04 October - 22 November

07 February - 28 March

10:00am - 11:00am

Rich Life Health & Fitness

1-3, 51 Marina Boulevard, Cullen Bay

★ **Bookings required!**

Instructor: Nadene - The Well Beings Space

P - 0422 158 942

E - thewellbeingsspace@gmail.com

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

Only \$10 per session!



To find out more about Healthy Darwin:

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