



Yoga

Thursdays 9:00-10:00am

Join our hour-long sessions of creative flowing and dynamic sequences of poses.

Expect fluid movements and gentle breathwork with an emphasis on alignment.

These classes are designed to get you out of your head and connected to your body.

You will build strength, flexibility and balance in a supportive environment, with a little bit of fun thrown in.

All levels welcome.

Location: Yoga Territory, Level 1, 29 Cavenagh St, Darwin City

Cost: \$5 per person

No bookings required!

Contact: Claire - Yoga Territory via hello@yogaterritory.com.au
or 8121 4133

Beat the heat while you work out!

BYO towel. Mats & water available in the studio



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