



Free Yoga

Yoga class series starting:

Thursday 2 November 2017

@6.30am – 7.30am

Meet upstairs on the deck

Aggi Badtke - Level 1 Certified Yoga Teacher who, having herself experienced many benefits from practicing yoga, wants to share its transforming power will be hosting a series of yoga, free for active members of our Club.

Aggi teaches Vinyasa and Hatha yoga and combines breath, awareness and mindfulness of body sensations with energising flow sequences and longer held poses to strengthen the whole body and balance the mind. Her classes are aimed at increasing sense of wellbeing by developing strength and flexibility in the body, focus and state of equilibrium in the mind, openness and kindness in the heart.

By offering alignment instructions, modifications and various intensity options she makes the classes suitable for all levels of experience. So whether you have never tried yoga before or have an established practice, please come and join the class.

BYO yoga mat

