

Yoga w Miriama

Join me for a playful Vinyasa Flow Yoga class, that promotes getting out of our heads and into our hearts. I encourage moving with awareness and intuition, whilst still placing an emphasis on supportive alignment. I respect that we are all at different stages of our practice and nurture a safe space for varying levels.

MEETS:

Monday 9am - Gentle Flow (60min)

Thursday 8:30am - Stretch (60min)

Saturday 8:30am - Vinyasa Flow (75min)

Sunday 8:30am - Hatha (75min)

VENUE: Waihi Beach R.S.A. Dance Floor

COST:

CONTACT: Miriama 022 064 2100 or email
maoriam@gmail.com

