

Benefits of Yoga

- Improves flexibility, strength, and balance
- Supports relaxation and stress relief
- Encourages better posture and breathing
- Helps improve focus and overall wellbeing

Who the Classes Are For

- Suitable for beginners and all experience levels
- Friendly and supportive environment

What to Bring

- Yoga mat
- Water bottle
- Comfortable clothing
- Blanket or cushion if desired



**For More information, please
contact:**

Mill Park Community House

68 Mill Park Drive,
Mill Park

9404 4565

admin@millparkcommunityhouse.com

Millparkcommunityhouse.com



Location

68 Mill Park Drive, Mill
park 3082

Mill Park
COMMUNITY HOUSE



Yoga
Hatha

68 Mill Park Drive
Mill park
Phone :9404 4565

About Hatha Yoga

Hatha Yoga is a gentle and traditional style of yoga that focuses on balancing the body and mind through movement, breathing, and relaxation. Classes typically include a combination of physical postures (asanas), breathing techniques, and guided relaxation to help improve flexibility, strength, balance, and overall wellbeing.

Suitable for all ages and experience levels, Hatha Yoga encourages mindful movement at a comfortable pace, making it ideal for beginners as well as those looking to deepen their practice.

Regular practice can help reduce stress, improve posture, increase energy levels, and promote a greater sense of calm and inner balance.



Yoga is a wonderful way to reduce stress and anxiety while supporting overall health and wellbeing.

Regular practice helps strengthen and tone the body, improve flexibility and balance, and promote a greater sense of calm, relaxation, and inner harmony.



Yoga Class Schedule

Monday Morning

- **First Session: 9:05am – 10:20am**
- **Second Session: 10:30am-11:30am**

Wednesday Morning

- **First Session: 9:30am – 10:45am**
- **Second Session: 10:45am-12:00pm**

Thursday Evening

- **First Session: 6:00pm – 7:15pm**
- **Second Session: 7:15pm – 8:30pm**

Join us for welcoming and relaxing yoga sessions designed to support strength, flexibility, balance, and wellbeing for all levels.

Cost:

\$110 per term, per class session