

# Riverina Yoga Studio

49a Kooyoo Street, Griffith

[www.riverinayogastudio.com](http://www.riverinayogastudio.com)



Riverina Yoga Studio was founded in 2012 in Griffith in order to support and foster the sense of mindfulness and peace in the surrounding community.

We offer a variety of approaches to achieve and maintain your optimal health. Whether you are experiencing pain or simply want to improve your physical and mental wellbeing, Riverina Yoga Studio provides a healing and friendly environment to do so.

Our Studio brings together a group of caring and passionate teachers who are committed to bringing you opportunities to improve your health and well-being so that you can live your life to the full.

We offer a beautiful and peaceful space for your practice with all equipment provided. Yoga and Meditation classes run throughout the year usually in line with the school term.

All our teachers have undergone rigorous training and assessment in order to deliver the highest quality classes. We regularly undertake further training to compliment our existing skills and to maintain our certification.

You will find us upstairs between the physio and hairdresser at 49a Kooyoo Street.

Come along and experience the benefits for yourself! Book a place by calling the teacher direct. Find out more at [riverinayogastudio.com](http://riverinayogastudio.com) or find us on facebook and instagram

*“You do not need to seek freedom in some distant land, for it exists within your own body, heart , mind and soul....*

*but you must choose to embark on the Inward Journey to discover it.”*

*BKS Iyengar*

## Monday

## Riverina Yoga Studio Timetable

9.15-10.30 am	Gentle Yoga & Meditation	Sue	0428 312 453
6.00 - 7.15 pm	Iyengar Yoga Level 2	Janine	0400 240 883

## Tuesday

9.15-10.30 am	Gentle Yoga & Meditation	Sue	0428 312 453
6.00 - 7.15 pm	Iyengar Yoga Level 1	Janine	0400 240 883
7.30 -8.30 pm	Iyengar Yoga 4 week Beginners Course	Janine	0400 240 883

## Wednesday

6.00 - 7.00 am	Vinyasa Yoga	Steven	0405 663 855
9.15 - 10.30 am	Iyengar Yoga Level Open	Janine	0400 240 883

## Thursday

9.30-10.45 am	Just Yoga	Steven	0405 663 855
5.45 - 7.00 pm	Just Yoga	Steven	0405 663 855

## Friday

9.30 -11.00 am	Yoga & Deep Relaxation - iRest Yoga Nidra	Carmela	0418 246 236
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## Saturday

9.00 - 10.15 am	Iyengar Yoga Level Open	Janine	0400 240 883
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Follow us on Facebook and Instagram @ riverinayogastudio for info

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