



OUR CLASSES

Riverina Yoga Studio was founded in 2012 in Griffith in order to support our community in achieving wellness and ease by offering yoga and meditation classes.

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.

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.

We offer a beautiful and peaceful space for your practice with all equipment provided.

Book a place by calling the teacher direct. You'll find details in the timetable overleaf.

Come along and experience the benefits for yourself!

Follow us on facebook and instagram for updates.

GET IN TOUCH

49a Kooyoo Street

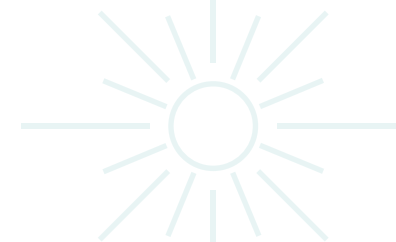
Griffith NSW 2680

0428 312 453 - Sue

0400240883 - Janine

www.riverinayogastudio.com

RIVERINA YOGA STUDIO



WEEKLY TIMETABLE



RIVERINA YOGA STUDIO CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



					7.30 - 8.45 Kundalini Yoga Manshant	9.00 - 10.15	
9.15 - 10.30 Gentle Yoga +Meditation Sue 0428 312 453	9.15 - 10.30 Gentle Yoga +Meditation Sue 0428 312 453	9.15 - 10.30 Iyengar Yoga Open Janine 0400 240 883	9.15 - 10.30 Vinyasa Yoga Steven 0405 663 855		0428 097 897 9.30 - 11.00 Yoga & Deep Relaxation Carmela 0418 246 236	0400 240 883 10.00 - 11.15 Yin Yang Yoga Steven 0405 663 855	



6.00 - 7.15 Iyengar Yoga LVL2 Janine 0400 240 883	6.00 - 7.15 Iyengar Yoga LVL1 Janine 0400 240 883	6.00 - 7.30 Kundalini Yoga Manshant 4 wk course 0428 097 897	5.45 - 7.00 Vinyasa Yoga Steven 0405 663 855	5.00 - 5.45 Pilates Jorja 0458 110 722	5.50 - 6.35 Pilates Jorja 0458 110 722		
	7.30 - 8.30 Iyengar Yoga Beginner's 4 wk course Janine 0400 240 883						