



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

# RIVERINA YOGA STUDIO



## WEEKLY TIMETABLE



# RIVERINA YOGA STUDIO CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9.15 - 10.30

Gentle  
Yoga  
+Meditation

Sue

9.15 - 10.30

Gentle  
Yoga  
+Meditation

Sue

9.15 - 10.30

Iyengar  
Yoga Open

Janine

9.15 - 10.30

Vinyasa  
Yoga

Steven

7.30 - 8.45

Kundalini  
Yoga

Manshant

9.00 - 10.15

Iyengar  
Yoga Open

Janine

10.00 - 11.15

Yin Yang  
Yoga

Steven

9.30 - 11.00

Yoga &  
Deep  
Relaxation

Carmela

6.00 - 7.15

Iyengar  
Yoga LVL2

Janine

6.00 - 7.15

Iyengar  
Yoga LVL1

Janine

6.00 - 7.30

Kundalini  
Yoga

4 wk course

Manshant

5.45 - 7.00

Vinyasa  
Yoga

Steven

7.30 - 8.30

Iyengar  
Yoga

Beginner's

5 wk course

Janine

Sue 0428 312 453

Janine 0400 240 883

Carmela 0418 246 236

Steven 0405 663 855

Manshant 0428 097 897

