

Outdoor Balcony Yoga

Outdoor Balcony Yoga at Wellnest Health Inside Manningham Medical Centre
Level 6, Suite 603, 200 High St, Lower Templestowe VIC 3107 Phone 03 8842 3668 Fax 03 8842 3661



wellnest health

Due to COVID restrictions on indoor class student density, we are offering classes outdoors on our **private balcony** for a limited time until restrictions ease further



Maximum class size is 10 students (based on COVID restrictions)

Evening classes have an incredible view of the Melbourne sunset

Don't miss out on this limited time opportunity

Yoga Teachers



Ryan Chhajed



Suellen Zhang

Class Type

Yoga classes are inclusive for all levels. For outdoor Yoga, Slow Flow classes are the perfect combination of movement and enjoyment.

Slow Flow

- ✓ Beginner-friendly
- ✓ Gentle, light & slow
- ✓ Opportunity to focus on poses

Slow Flow classes are great for beginners as the movements are typically more gentle and light, with a relatively slower pace. Intermediate and experienced students can also enjoy these classes for the opportunity to slow down the postures and sink deeper. Feel nurtured and supported throughout the practice.

Timetable

CLASSES RETURNING
MON 9 NOV 2020

Yoga classes run for 60 minutes

Weekdays	Monday	Tuesday	Weekend	Saturday
Sunset 6:00pm	Slow Flow Suellen	Slow Flow Ryan	9:30am	Slow Flow Ryan

Classes are weather permitting and may be cancelled at short notice

Please bring your own Yoga mat, sweat towel and/or bath towel
Sunscreen, sunglasses and/or long sleeved jumper depending on weather

Book Online

wellnesthealth.com.au/book-online
or via the MindBody App
Bookings are essential to avoid disappointment