

Welcome to Momentum ~ let us help you feel good!

Yoga and meditation are transformational practices for the body, mind and heart that cultivate self-awareness, radiant health and wellbeing – and ultimately enable us to discover our true nature. You will receive the optimal physical and mental benefits with regular practice. We offer a range of class and course options.

All classes can be attended on a casual basis or with a prepaid Class Pass – no bookings required.

All courses* run for set blocks and require a prepaid booking – check our website for course start dates.

Please contact us if you need any assistance in deciding which classes or courses will be best for you. We look forward to sharing our space and our friendly community with you ~ Namaste.

DAY	TIME	CLASS/COURSE TYPE	TEACHER
Monday	5.30 – 6.45 pm	Vinyasa Flow Yoga	Natalie
	7.00 – 7.45 pm	Meditation	Natalie
	8.00 – 9.15 pm	Beginners Yoga Course*	Natalie
Tuesday	6.15 – 7.30 am	Vinyasa Flow Yoga	Natalie
	9.15 – 10.30 am	Hatha Yoga	Natasha
	6.00 – 7.15 pm	Beginners Yoga Course*	Natalie
	7.30 – 8.45 pm	Yin Yoga	Natasha
Wednesday	9.15 – 10.30am	Vinyasa Flow Yoga	Helen
	5.30 – 6.45 pm	Hatha Yoga	Cameron
	7.00 – 8.15 pm	Pregnancy Yoga Course*	Kristen
Thursday	9.15 – 10.30 am	Hatha Yoga	Natalie
	4.30 – 5.45 pm	Beginners Yoga Course*	Laura
	6.00 – 7.15 pm	Yin Yang Yoga	Irena
	7.30 – 9.00 pm	Hormonal Balance Course*	Irena
	7.30 – 9.00 pm	Beginners Meditation Course*	Natalie
Friday	9.15 – 10.30 am	Vinyasa Flow Yoga	Irena
	4.00 – 5.15 pm	Yin Yoga	Laura
	5.30 – 6.45 pm	Beginners Yoga Course*	Laura
	7.30 – 8.45 pm	Chanting & Chai**	Asakti
	7.15 – 8.30 pm	Sound Healing **	Cassie
Saturday	7.30 – 9.00 am	Meditation & Vinyasa Flow (Level 2)	Natalie
	9.15 – 10.30 am	Vinyasa Flow Yoga	Irena
	10.45am – 12 noon	Beginners Yoga Course*	Irena
Sunday	9.00 – 10.15 am	Hatha Yoga	Laura/Helen
	10.30 – 11.30am	FREE Community Yoga Class NEW!	Vibha
	5.00 – 6.15 pm	Yin Yoga	Dani
	6.30 – 7.45 pm	Beginners Yoga Course*	Dani

*6 week course: pre-paid bookings required **Event held monthly: check website for dates.

PRICES:

Casual Class - \$25 / \$20 Concession

New Student Unlimited Classes Month Pass - \$49

One Month Pass (8 Classes) - \$160

Three Month Pass (10 Classes) - \$180 (\$160 concession)

Memberships (Unlimited Classes) Six Months - \$990 (\$175/mth) & 12 Months - \$1824 (\$162/mth)

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YOGA & MEDITATION CLASS / COURSE DESCRIPTIONS

Beginners Meditation Course* (6 weeks) - An introduction to the philosophy of mindfulness and practice of Insight Meditation. This course will teach you how to meditate, enable you to develop a personal meditation practice and to integrate a more mindful, peaceful approach into your everyday life.

Beginners Yoga Course* (6 weeks) – Suitable for complete beginners and those with little yoga experience. Learn the foundations of Hatha-Vinyasa yoga through yogic breathing, postures, safe alignment, movement and self-awareness. The course is structured, builds week by week and includes discussion on how to apply yoga to everyday life.

Chanting & Chai** – Group-led singing of traditional yogic songs and mantras to clear the mind, open the heart and connect us to our natural joy. Healthy snacks and a cup of chai or herbal tea included. Held monthly. Come and meet our friendly chanting community - all welcome!

Community Yoga Class – A FREE yoga class for members of our community who may like to try yoga, taught by our Yoga Teacher Trainees. Includes both strengthening and relaxing Hatha Yoga postures, sequences and breath work. Places are limited to 10 students per class. Suitable for beginners and anyone new to yoga.

Deep Relaxation Course* (4 weeks) – Explore the practices of Yoga Nidra to deeply restore balance to the whole body, senses and mind to relieve stress, ease anxiety, overcome insomnia and leave you feeling blissfully content. No previous experience in relaxation, yoga or meditative practice is required. Suitable for all students.

Hatha Yoga - Held postures, breath work and relaxation to realign the body, balance energy and develop both strength and flexibility. Postures can be supported and modified for all body types with the use of props. Suitable for all students.

Hormone Yoga Course* (4 weeks) – A specialised course to ease stress and restore your body's natural vitality and hormonal balance for conception, menstruation or menopause. Suitable for women of all ages.

Meditation – Guided, seated practice (mostly in silence) with simple, yet powerful techniques to develop inner calm, concentration, self-understanding and open-heartedness. Suitable for all students.

Pregnancy Yoga Course* (6 weeks) – A specialised course to empower women in all stages of pregnancy. Includes both strength-building and relaxing yoga postures, breath work and meditation to ease physical, mental and emotional pregnancy challenges. Suitable for beginner-experienced students.

Sound Healing** – A nurturing, rejuvenating session to lie-down and experience a deep sense of calm, relaxation and well-being from the healing sounds and vibrations of Tibetan Bowls and other instruments. Held monthly. Suitable for all students.

Vinyasa Flow Yoga - Creative, slow-medium-paced flowing yoga sequences synchronised with the breath for strength, stamina, vitality and flexibility. Suitable for beginner and experienced (Level 2) students who prefer a more dynamic practice.

Yin Yang Yoga – Aspects of yin (passive) and yang (active) yoga in the one class, combining passively-held yin yoga postures, along with standing postures and dynamic sequences that flow with the breath. Develops both strength, stamina and flexibility, as well as meditative stillness. Suitable for all students.

Yin Yoga - Floor-based postures only, held for three to five minutes, to lengthen, stretch and open the thighs, hips, pelvis and lower spine and develops meditative stillness. Suitable for all students.