







## MONDAY

- 6:00 am Ease into Monday 
- 12:00 pm Studio Sādhana 1
- 5:00 pm Vinyasa Krama Beginner
- 6:15 pm Vinyasa Krama Intermediate

## TUESDAY

- 6:00 am Vin to Yin
- 12:00 pm Empower Yoga
- 5:00 pm Studio Sādhana 1
- 6:15 pm Vin to Yin

## WEDNESDAY

- 6:00 am Studio Sādhana 1
- 9:30 am Chair Yoga (45 minutes) 
- 12:00 pm Vin to Yin 
- 5:00 pm Asana Aligned
- 6:15 pm Yin Yoga & Meditation 



### WORKSHOPS & POP UP CLASSES

These sessions are announced through the Studio, on social media and by email.


### PRIVATE YOGA CLASSES

Please contact Madison (0439 957 292) for all private class enquiries


## THURSDAY

- 6:00 am Vinyasa Krama Intermediate 
- 12:00 pm Restorative Yoga 
- 1:15 pm Vinyasa Krama Express (45 minutes)
- 5:00 pm Vinyasa Krama Beginner
- 6:15 pm Yoga & Sound Healing

## FRIDAY

- 6:00 am Studio Sādhana 2
- 12:00 pm Studio Sādhana 2
- 5:00 pm Yoga & Nidra Sound Bath   
(90 minutes) (Streamed on alternate weeks)

## SUPER SATURDAY

- 6:30 am Yin Yoga (75 minutes) 
- 8:00 am Sādhana Flow (90 minutes)

### CLASS INTENSITY KEY

**Beginner:** Simple. Great for anyone who has never done Yoga before or an experienced yogi taking the time to get back to the all-important basics.

**Intermediate:** Anyone who has done Yoga before and is familiar with the postures and are looking to progress.

**Check daily class schedule for intensity levels. If no intensity is indicated, the class is suitable for everyone.**

We welcome  
**fitness  
passport**



Follow us on socials for  
daily class reminders and  
Studio highlights



Livestream via  
our website

MOVEMENTEVOLUTION.STUDIO

# CLASS DESCRIPTIONS

## ASANA ALIGNED

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A class for anyone ready to explore the how of yoga. We'll slow things down to unpack posture, breath, and alignment with clarity. Perfect for both beginners and seasoned practitioners wanting to refine their form. Includes meditation and relaxation. Strong foundations, deeper practice.

## CHAIR YOGA

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Chair Yoga is a gentle class adapting yoga poses with a chair. We move through a full body movement class without the worry about getting down and up off the floor. This class helps us create an awareness and deep relaxation through meditation, breath work and modified yoga postures. A great class for seniors or anyone nurturing an injury preventing you getting to and up from the floor.

## EASE INTO MONDAY

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Ground, move, stretch, release, meditate and relax. Start your week with intention and self-care.

## EMPOWER YOGA

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A strong and energising asana (posture)-based class for those ready for a challenge. Expect intelligent sequencing, creative transitions, and opportunities to challenge yourself—balanced by meditation and relaxation to integrate the practice. Embrace the challenge. Move purposefully. Return to stillness.

## RESTORATIVE YOGA

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Restorative Yoga encourages relaxation through the physical, mental and emotional bodies. Throughout this class we only move 5-6 times into different poses designed to help release connective tissue and relax the body. We practice being still, soft and calm. We practice bringing the body and the mind back to balance. We practice concentration and meditation. Restorative Yoga is for everybody, and it is just as important as more active forms of movement.

## SĀDHANĀ FLOW

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A complete 90-minute class steeped in the traditional practices of yoga. You'll explore asana, pranayama, mudra, meditation, and deep relaxation—an integrated ritual for mind, body, and soul. This is yoga in its wholeness. Come experience the essence.

## STUDIO SĀDHANĀ

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Sādhana is a Sanskrit word for 'practice'. The Studio Sādhana is a one hour set sequence. This allows you to get to know the practice, be confident in the sequence and feel your progression through repetition. Energise your body and mind with this moving sequence of Yoga postures including standing postures, balances, forward bends, heart openers, inversions, breathing techniques, meditation and time for relaxation. There are two Sādhana class variations. They are both very similar however have different intentions and asana focuses. Everyone is welcome.

## VIN TO YIN

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A class acknowledging the need for balance between the sympathetic and parasympathetic nervous systems, strength and release, movement and rest, masculine and feminine energies. Enjoy strong movement sequences (Vinyasa style) followed by gentle releases (Yin style) and meditation.

## VINYASA KRAMA

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Vinyasa Krama means to flow through yoga postures in a intentional sequence. As well as focusing on the movement through the yoga asanas (postures), in this class you will also experience the journey of each pose coordinated with the breath. This class helps us create strength, flexibility and mobility in the physical body and freedom in the mind thanks to the moving concentration practice. Vinyasa Krama offers a strong and challenging movement practice available for beginners and yogis already on their way.

## VINYASA KRAMA EXPRESS

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A dynamic 45-minute intermediate class, ideal for your lunch break or busy day. Move with intention and breathe through a progressive sequence that brings strength, endurance, and clarity. There's always time for yoga.

## YIN YOGA

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Yin Yoga acknowledges the need for rest and stillness. Focusing on the feminine energy (slow, gentle, flow etc.), we allow the body to feel energised, to lengthen and to mobilise through longer holds of certain postures. We also look to follow the meridian (energetic) lines of the body to help you gently support for your own well-being. A slow and gentle class, ending in meditation practice and rest.

## YIN YOGA & MEDITATION

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Combining Yin Yoga asanas and our meditation practice. Begin this class with 4-5 Yin Yoga postures to help the body come into balance for meditation practice. Learning meditation is essential for a peaceful mind and a healthy body.

## YOGA & NIDRA SOUND BATH

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A 3-in-1 Friday evening practice, this class offers a beautiful end to the week by moving, relaxing and bathing in angelic healing sounds including voice, sound bowls and chimes. The Yoga flow within this class is simple and peaceful. Yoga Nidra is an ancient practice designed to withdraw you from your senses (pratyahara) and bring you into the body for healing.

## YOGA & SOUND HEALING

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Move slowly through a sequence of yoga postures designed to release tension out of the body at the end of the day. After 30 minutes of moving, settle into meditation and a loving sound healing practice delivered through voice, chimes, bowls, nature sounds and a variety of other instruments.



Please book online to secure your place in class or via the GymMaster app.