

	mon	tues	wed	thurs	fri	sat	sun
6 am	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60 min		
7 am	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min		
7.30 am <i>*check studio</i>	Power Align <i>*Not Bondi 60min</i>	Power Basics <i>*Not Bondi 60min</i>	Power Vinyasa <i>*Not Bondi 60min</i>	Power Align <i>*Not Bondi 60min</i>	Power Vinyasa <i>*Not Bondi 60min</i>	Power Vinyasa 90min	Power Vinyasa 90min
8.30 am	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min	Personal Meditation 15min		
9.30 am <i>*check studio</i>	Power Vinyasa 75min	Power Revive 75min	Power Vinyasa 75min	Power Vinyasa <i>*Not Manly 75min</i>	Power Align <i>*Not Manly 75min</i>	Power Basics 75min	Power Align 75min
11 am <i>*check studio</i>	Power Therapy <i>*Manly only 50mins</i>		Power Therapy <i>*N.Bay only 50mins</i>		Power Therapy <i>*Bondi only 50mins</i>		
11.15 am						Power Align 60min	Power Basics 60min
12.15 pm	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60min	Power Vinyasa 60min		
4.30 pm	Power Vinyasa 60min	Power Align 60min	Power Vinyasa 60min	Power Basics 60min	Power Vinyasa 60min	Power Vinyasa 90min	Power Vinyasa 90min
6 pm	Power Vinyasa 90min	Power Vinyasa 90min	Power Align 90min	Power Vinyasa 90min	Power Groove 90min		
8 pm	Power Basics 60min	Power Vinyasa 60min	Power Revive 60min	Power Vinyasa 60min			

\$20 for 10 days unlimited yoga. conditions apply.

Yoga Asana class descriptions 🌡 = Temperature ☸ = Philosophy

Power Vinyasa The original & old school Power Living vinyasa practice. 'Dive into your breath, step out of your mind and transform your life'
☸ Shakshin; developing the strength of the inner witness.
🌡 = hot 30°C

Power Align A slower pace practice allowing you more time to focus on aligning the physical body, and more space to harness the creative energy within.
☸ Shiva & Shakti; the balance and alignment of the inner energy.
🌡 = cool 22°C

Power Revive A gentler practice focusing on deep tissue muscle release, improving joint mobility and postural alignment.
☸ Samatva; developing an equanimous mind, free of reactivity.
🌡 = moderate 25°C

Power Basics An introductory class commencing with workshop style teaching to review and understand the foundational elements of the practice.
☸ Samakaya; aligning your body evenly to evolve a safe practice.
🌡 = moderate 25°C

Power Groove Get your groove on at the end of the week with playful asana flows and soulful tunes to awaken the joy within.
☸ Ananda; recognizing the innate joy within.
🌡 = moderate 25°C

Power Therapy pre/post natal Incorporates asana postures modified for rehabilitation & pre and postnatal terms.
☸ Pushjase; to allow the self to be nourished, to thrive and to foster.
🌡 = cool 22°C

Personal Meditation A self led personal meditation and reflection time.
☸ Dhyána; who am I? Deep inquiry into our truest nature.
🌡 = cool 22°C

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