

shanti yoga

Peace in every breath

Shanti Yoga invites you to experience health, vitality, wellbeing and peace of mind. With multi-level classes suitable for beginners, you can enjoy a deeply relaxing class consisting of gentle stretching and calm breathing, all whilst releasing stress and anxiety. No matter what level of fitness or strength you have at the moment, our classes are suitable for everyone.

Shanti Yoga Fees

Casual - \$20 per meditation session, \$25 per stretch & tone/ any class under 55 min, \$30 for any class 55 +mins.

Bonus for back to back classes.

Pay \$25 casually for your first class, and receive your second tag-on class for only \$5 extra (55 min classes), or \$10 for a longer class. The same gift applies to your third back-to-back tag on class. e.g. yoga and meditation \$25

30 Day Membership - \$130 UNLIMITED 30 day membership

Collect 12 consecutive 30 day membership and receive a FREE weekend retreat valued at \$650. All passes must be presented to receive your free weekend retreat.

Annual Membership - \$995 UNLIMITED annual membership

Pay \$995 for an annual membership, and receive a FREE weekend retreat to the value of \$650 (to be used during the validity of your pass. No rain checks)

Bollywood Dance Course

Adults. Term payment \$195. Casual payment, single session \$35.

Children under 12. Term payment \$120. Casual \$15.

No extension, transfer or refunds apply. Complementary Yoga class on Monday 5:30 - 6:25pm.

Magical Sound

Term payment \$195. Casual payment \$35. Free for Course members.

Ayurvedic Student Massage

\$30 for 55 minutes

Ayurvedic Vegan Lunchbox

Basmati rice, Dhal, veggies. Cooked fresh, from scratch \$12. Bulk buy, 10 frozen meals \$100.

What to bring

Your yoga mat/meditation cushion is waiting for you. At Shanti Yoga we provide everything that you need for a comfortable experience. All you need to do is arrive and we'll handle the rest. We look forward to seeing you on the mat soon.

Facilities include:

Fully equipped studio. Non-slip Yoga mats. Cushions and pillows for relaxation/meditation/pranayama. Blankets, towels and filtered water. Air-conditioned studio - cool in summer, warm in winter. Natural bamboo timber floor in yoga studio. Toilets/changerooms. Lounge and waiting area. Shanti Yoga shop. Massage therapy rooms.

Payment & refunds:

We accept EFT, Visa, MasterCard, and cash. All sales are final. No refunds or transfers. Sorry. We do not refund for change of mind or circumstance.

Also available: Retreats, Ayurvedic consultations, massage, weightloss program, Yoga Teacher Training and Ayurveda Practitioner courses. Visit our website for a full list of our services.