

August 2026 TIMETABLE

1/18 Rawlins St,
Southport



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15	Mindfulness Pranayama 9:15-10:30 \$40 Shantiji					
10.15 / 10:30	Easy Gentle Flow Yoga 10:30 - 11:30 \$40 Shantiji	Yoga Peace and Healing Extended Floor 10:30 - 12:30 \$80 Shantiji		Meditation, Pranayama 10:30 - 11:30 \$40 Shantiji		Yoga Stretch & Relax 10:15-11:10 \$35 Rotating Teacher
11:30	Yoga Relaxation Meditation 11:30 - 12:30 \$40 Shantiji			Yoga Wellbeing 11:30 - 12:30 \$40 Shantiji		
12:30		Sacred Rest Yoga Nidra 12:30 - 13:30 \$40 Shantiji		Yoga Relaxation Meditation 12:30 - 13:15 \$30 Shantiji		
1:00	Discussion Satsung 13:00 - 14:00 <i>FREE</i> Shantiji					
2:30	Course in Miracles / The Yoga Sutras 14:15 - 15:15 <i>FREE</i> Shantiji					
3:00						
5:30	Yoga Stretch & Relax 5:30 - 6:25 pm \$35 Sonja	Yoga Stretch & Relax 5:30 - 6:25 pm \$35 Cheryl	Yoga Stretch & Relax 5:30 - 6:25 pm \$35 Sonja	Yoga Stretch & Relax 5:30 - 6:25 pm \$35 Sonja		

ATTEND WHOLE
DAY

**MINDFUL
MONDAYS**
9:15 - 12:30
\$95

**TRANQUIL
TUESDAYS**
10:30 -13:30
\$95

**HEALING
THURSDAY**
10:30-13:15
\$95

Add to your Day of Yoga on Mondays, Tuesdays and Thursdays Lunch Box, \$20 please pre-order

30 day memberships, \$200 UNLIMITED ATTENDANCE

Annual memberships, \$1,495 UNLIMITED CLASS ATTENDANCE + FREE weekend retreat (twin room with shared facilities) \$795 VALUE!

Ayurvedic Treatments & Therapies

ABHYANGA (full body massage) 55 min - \$90

SHIROABHYANGA (scalp massage) 25 min - \$70

KATI BASTI (oil pooling on back) 55 min - \$90

PADABHYANGA (foot massage) 25 min - \$70

SHIRODHARA (oil treatment to head) 45 min - \$150

We accept EFT, VISA, MASTERCARD and CASH. All sales are final. No refunds or transfers. We do not refund for change of mind or circumstance.

Upcoming RETREATS at Nirvana **TO BOOK - <https://nirvanawellbeingretreat.com.au>**

7-9 August: Training the Mind . Weekend silent meditation retreat

8 August: The Breathing Space, Silent Day Retreat

28-30 August: Believe in Yourself

29 August: A Day of Healing, Day Retreat

18-27 September: Live Healthier Longer

9-11 October: Peace, Love and Healing. Weekend silent retreat

10 October: The Breathing Space, Silent Day Retreat

Upcoming SHORT COURSES at Southport **TO BOOK - <https://healthinstitute.edu.au/other-courses/>**

4-6 September : Ayurveda Relaxation Massage (Abhyanga)

16-18 October: Ayurvedic Allied Therapies: kati Basti & Shirodhara



shantiyoga.com.au



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