

APRIL&MAY 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 10:30 - 11:30 \$40 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 - 12:15 \$30 Shantiji	Yoga Extended Floor 11:30 - 12:15 \$30 Shantiji		Yoga Wellbeing 11:30 - 12:30 \$40 Shantiji		
12:30		Sacred Rest Yoga Nidra 12:30 - 13:15 \$30 Shantiji		Yoga Relaxation Meditation 12:30 - 13:15 \$30 Shantiji		
1:00	Discussion Satsung 13:00 - 14:00 <i>FREE</i> Shantiji					
2:30		Peaceful Warrior 2:30-5:00 pm \$70 per week Louise		Sanskrit: The Sound of Power 2:30-5:00 pm May 14 & 21 \$250 Sonja		
3:00						
5:30	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	Yoga Stretch & Relax 5:30 - 6:25 pm \$35 Sonja		

ATTEND WHOLE
DAY

**MINDFUL
MONDAYS**
9:15 - 12:20
\$95

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

**HEALING
THURSDAY**
10:30 -13:20
\$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 nirvanawellbeingretreat.com.au

8-10 May 2026

EMOTIONAL WELLBEING

29-31 MAY 2026

COOK, TASTE, HEAL - Intro to Ayurveda and Vegetarian Cooking retreat

12-14 JUNE 2026

CULTIVATING MINDFULNESS AND INNER PEACE - Silent meditation retreat

Upcoming SHORT COURSES at Southport

21 April - 23 June

PEACEFUL WARRIOR 2:30-5:00 pm. 10 weeks. \$70 per week

1-3 May

KATI BASTI & SHIRODHARA

May 14 & 21

SANSKRIT: THE SOUND OF POWER 2:30-5:00 pm. \$250



shantiyoga.com.au



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