

# Specialty Classes

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<b>Restorative and Pranayama (once-a-month)</b>	Friday 9 February 2018 7:00pm - 9:00pm	Guest Teacher Shobhna Chellaram	In this class, poses to relax the body, nerves and mind will be taken before exploring breathing practices.
<b>Restorative (once-a-month)</b>	Friday 23 February 2018 7:00pm - 9:00pm	Kitty	In this class restorative Yoga poses are taught to induce relaxation and strengthen the immune state.
<b>Restorative and Pranayama (once-a-month)</b>	Friday 9 March 2018 7:00pm - 9:00pm	Kitty	In this class, poses to relax the body, nerves and mind will be taken before exploring breathing practices.
<b>Yoga For Your Monthly Cycle</b>	Thursday 8 & 15 March 2018 5:45pm - 7:15pm	Victoria	This class is about honouring the monthly cycle. For many women, energy levels can ebb and flow throughout the month. In this class, we will explore ways to practice before, during and after menstruation. We will also focus on asanas to address pain and discomfort during the menstrual cycle itself.
<b>Restorative (once-a-month)</b>	Friday 16 March 2018 7:00pm - 9:00pm	Theresa Wenk	In this class restorative Yoga poses are taught to induce relaxation and strengthen the immune state.

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