

Bringing a new age experience to the ancient practice of traditional asana & meditation.

Why practice with us?

- Hydronically Heated Classes
- Unheated classes with a lake view
- Beautifully appointed facilities & bathrooms
- Ample free car parking available
- Environmentally Friendly & Antibacterial Marmoleum Flooring
- Oxygen-rich air to the heated spaces
- Diverse teaching backgrounds
- Personable teachers
- Pathways to progress
- No dogma
- Inclusive

WHY HEATED YOGA?

We chose European Hydronic Heating as our preferred method of warming the space, as it slowly heats the air rather than surfaces.

This allows your body's core temperature to rise gradually, enabling you to safely access your full expression of the poses.

The heat helps you to relax and release tension, to accelerate your body's natural detoxification systems, therefore promoting healthy skin tone and overall wellbeing.

Cosmic Yoga Studio
1/137-139 Brebner Drive,
Karna Country
West Lakes S.A
namaste@cosmicyogastudio.com.au
www.cosmicyogastudio.com.au

5 CLASSES \$40

This Introductory Pass provides access to all of our weekly yoga classes. This pass can only be purchased once, and expires one month after the date of first use. Visit the 'Rate & Memberships' page on our website for all membership & pass options.

CLASS STYLES

Cosmic Yoga Studio is a contemporary studio specialising in Vinyasa Flow. Our signature Cosmic Flows draw predominantly on the work of Pattabhi Jois (Ashtanga). The Cosmic Flows & Yoga Conditioning are practiced in a heated room. Our unheated classes include Posture Lab (ideal for beginners), Slow Flow, YIN Yoga, Attune & Recovery (Roll & Release). Additional styles include Anti-Gravity Aerial & Prenatal Yoga. Find full class descriptions on the website - www.cosmicyogastudio.com.au

HOW TO BOOK

Option 1: Desktop

Visit the 'Timetable' page on our website - <https://cosmicyogastudio.com.au/timetable> and click 'sign up' next to your preferred class. Follow the prompts through Mind Body Online to finalise your booking.

Option 2: Mobile

Download our app, 'Cosmic Yoga Studio'. Create an account & simply select the class you'd like to book. Follow the prompts to finalise your booking.

*Bookings are essential. Always check the live timetable for updates & changes.