

AQUA YOGA & WATER THERAPY



Aqua Yoga & Water Therapy

Water is supportive and therapeutic. It enables stretching movement, strengthens and tones. This soothing workout promotes deep breathing, balanced mind and body.

Aqua Yoga & Water Therapy is suitable for everyone and especially good for:

- Ante and post natal
- Rehabilitation
- Senior Citizens
- People with disabilities

Private lessons also available by appointment.

Latest Booking Information

When:

Tuesdays 10 – 11 am (Term time only)

Pricing:

\$5.10 per session or \$20.40 for 5 sessions

Prices are subject to change

This is a casual 'drop in' class so booking is not currently necessary.

Please contact us if you have any queries.

get set to get wet

