



TERM 1, 2024 – TANAYA TI'EN MINDBODY CLASS TIMETABLE – PERTH & DENMARK, W.A

ALL LEVELS WELCOME. For last minute class covers and cancellations, be sure to subscribe to [Tanaya Ti'en on Yogatrail](#), for on-the-fly timetable changes.

Day/Date	Time	CLASS TYPE	LOCATION
Monday	9:30 am 60 min class	BODY BALANCE	GOODLIFE SUBIACO
Monday	12:00 pm 60 min class	YOGA - Back, Spine & Joint Health Option to leave at 12.45pm if you are squeezing it in on your lunch break	MIND BODY HEART
Tuesday	10:30 am 60 min class	YOGA - Yin Slow Flow	GOODLIFE INNALOO
Wednesday	10:30 am 60 min class	BODY BALANCE	GOODLIFE INNALOO
Wednesday	6:30 pm 60 min class	YOGA - Yin Slow Flow	GOODLIFE SUBIACO
Thursday	6:30 pm 60 min class	BODY BALANCE	GOODLIFE MOUNT LAWLEY
Saturday	11:00 am 60 min class	BODY BALANCE	GOODLIFE INNALOO

UPCOMING YOGA WORKSHOPS, SPECIAL CLASSES & RETREATS

Saturday 2nd March (long weekend)	9-10.30am	Denmark Yoga Centre Community Class	DENMARK YOGA CENTRE
		This class is a donation based class. Pay what you can afford. All proceeds go to the upkeep of the Denmark Yoga Centre.	

[FOR ONE-TO-ONE YOGA THERAPY, VISIT MY BOOKING PAGE](#)

CLASS DESCRIPTIONS



BodyBalance

BodyBalance is the vinyasa yoga-based class, laced with Tai Chi, Pilates and a heart-awakening soundtrack, aimed to balance and heal; body, mind and spirit.

Yoga – Yin Slow Flow

An intuitive yin style slow-paced flow of yoga asana, breath practice, mudra & mantra designed to take you deep into the connective tissues, fascia, ligaments and joints of the body, untangling the mind, and opening energy pathways as we go.

Yoga – For Back, Spine & Joint Health

A Yoga therapy based class focused on joint mobilisation, back and spine health. Great for beginners, and anyone grappling with chronic lower back pain, or arthritis. ** If you do suffer from chronic pain and are unsure if this class is for you, please don't hesitate to email me directly to discuss.*
tt@mindbodycollective.com.au

LOCATIONS

Mind Body Heart Studio / mindbodyheart.com.au

67 Plaistowe Mews,
West Perth WA
** 2 Hours Free Parking at City West*

Denmark Yoga Centre / denmarkyogacentre.com

4/39 Strickland Street,
Denmark W.A

Goodlife Subiaco / (08) 9436 7500

The Colonnade, 388 Hay St,
Subiaco WA
** 2 Hours Free Parking in the Colonnade Carpark*

Goodlife Innaloo / (08) 6364 4200

384 Scarborough Beach Rd,
Innaloo WA

Goodlife Mount Lawley / (08) 6188 9300

804 Beaufort St,
Mount Lawley WA