



Better body better mind.

Wholesome Yoga



Class Styles

My Yoga

I'm Tina and my yoga is for all levels. My classes incorporate hatha yoga and pranayama and are designed to suit a complete beginner or more advanced. Classes conclude with a meditation practice to cultivate a deeply interconnected experience of mind, body and heart.

My classes are relaxed, educational and full of smiles. All you need to bring is a mat, a water bottle and a warm heart. I teach one to one, group and corporate classes. Online classes available by arrangement.

More Wellness

I am a qualified health, wellness and lifestyle coach and yoga teacher, and founder of Feeling Wholesome. I offer a complete health and wellness service, including yoga and lifestyle coaching packages to suit your needs that bring change and transformation in mind and body.

Join Me

For general enquiries and information on all classes, you can reach me via social media (Instagram or Facebook) or by email. Get in touch today.

-  [feelingwholesomelife](#)
-  [facebook.com/feeling-wholesome-life](#)
-  info@feelingwholesome.com.au
-  www.feelingwholesome.com.au/yoga

Feeling Chilled Yin, Deep

A deep and relaxing stretching class, postures are held longer for between 2-5 minutes, allowing the muscles, fascia, tendons and ligaments to stretch and release.

Feeling Moved Yang, Hatha flow

A class designed to be as one with the body as you move through flowing sequences, postures and breath work to build strength, balance and overall fitness.

Feeling Balanced Yang & Yin, Core & Deep, Flexibility

A combination of feeling moved and feeling chilled, the first half of the class is based on mindful movement improving flexibility and balance and ending with stretching, relaxation and meditation.

Feeling Focused Core strength, Balance

Improving strength, flexibility and stability through a series of postures, sequences and movement.

Feeling Dynamic Energetic, Stamina

An uplifting more challenging and energised class to improve strength and flexibility.

Feeling New - 6 week program

New to yoga? Then join my 6 week program which will teach you the basics of yoga, pranayama and meditation.

Feeling Mindful Meditation classes

A wide range of meditation classes are offered from mindfulness and awareness to guided imagery. Regular classes and practice is proven to reduce stress, Improving concentration, enhancing creativity and providing an overall feeling of clarity and wellbeing.

