

Yoga

Yoga contains three main elements: exercises or postures that stretch and strengthen the body; breathing techniques that help improve the health and function of both body and mind; and meditation enabling the mind to become quiet to allow release from everyday stress. Yoga, when practiced regularly, invigorates our physical, mental and emotional energy, releases muscular tension and improves our posture and whole range of movement.

Kingston

Venue/Organisation	Contacts
Aspendale Gardens	
Aspendale Gardens Community Centre 103-105 Kearney Drive	9587 5955
Chelsea	
Chelsea Neighbourhood House 15 Chelsea Road	9776 1386
Chelsea Heights	
Chelsea Heights Community Centre 160 Thames Prom	9772 3391
Genesis Chelsea Heights 93 Wells Rd	9782 7200
Clarinda	
Sundowner Avenue Neighbourhood house Clarinda Community Centre 24 Sundowner Avenue	9551 8711
Dingley Village	
Dingley Fitness Healthlink Corner Centre Dandenong Rd & Tootal Rd	9551 3022
Highett	
Waves Leisure centre 111 Chesterville Rd	9559 7111
Mentone	
Beach House Fitness Centre 3/25 Nepean Hwy	9585 3899
Moorabbin	
A1 Fitness Club 420 Warrigal Rd	9551 9000
Mordialloc	
Mordialloc Community and Youth Centre 115A Warren Rd	9580 3675
Mordialloc Neighbourhood House 47 Main St	9587 4534

U3A Kingston 37 Albert St	9580 8328
Don Tatnell Leisure Centre Corner Warren Rd & Brisbane Tce	9587 1016
Patterson Lakes	
Patterson Lakes Community Centre 47 main St	9587 4534

Bayside

Venue/Organisation	Contact
Brighton	
Brighton Recreational Centre 93 Outer Crescent	9592 3033
Hampton	
Hampton Community Centre 14 Willis St	9598 2977
Sandringham	
Sandybeach Centre 2 Sims St	9598 2155
Life Activities Club	9533 1378