



IYENGAR TIME TABLE

TERM 3 2026

Gentle Yoga

5 Week Yoga Course

July 22 to August 19, 2026

5pm to 6pm

\$150 for the 5-week course

The Foundry 132 Wentworth St
Port Kembla

A slower-paced class providing accessible ways to practice yoga utilising proven tools and techniques for greater strength, stability and mobility.

Level 1 + 2 General Yoga

8 Week Yoga Course

July 24 to September 11, 2026

7 am to 8:30 am

\$230 per 8-week course

The Foundry - 132 Wentworth St, Port Kembla

Let go of the hustle and bustle to finish your week on a positive note, with Yoga.

Numbers limited. Book early to avoid disappointment.

DM Anastasia for details.

Payments are non-refundable and non-transferable to another student or term.

Chair Yoga for Healthy Ageing

3 Week Immersion

August 26 to September 9

5pm to 6.15pm

\$95 for the three week course

The Foundry 132 Wentworth St
Port Kembla

Discover simple yet effective ways to create stable conditions for improved alignment without force.

Beginner's Yoga

8 Week Yoga Course

July 25 to September 19 (except Aug 22)

10 am-11 am

\$220 for the 8-week course

The Foundry - 132 Wentworth St, Port Kembla

\$220 for the 8-week course

A classic approach to learning the keystones of Yoga in the Iyengar tradition, which is authentic, enduring, and endlessly adaptable to your requirements.

VIP Signature Mentoring Package

Guidance for your Yoga journey to wholeness.

A personal and premium level of support to aid your yoga skills, knowledge, and confidence.

Book a Discovery session with Anastasia to find out more!

Visit balancepointyoga.com to learn more about Balance Point Yoga.



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