

All classes are hybrid and held in Brisbane Australia and virtual on zoom.

New Students need to register before attending the class.

If you are new to Ashtanga please book in for a one-on-one session with Ash to start your practice with us. <https://www.ashtangayogacentre.com.au/private-yoga/classes/>

Existing Students - if you already have an existing Ashtanga practice you can join our classes anytime without booking.

Online Set up - Please have your camera ON and make sure we can see you standing and when on the floor.

Please keep your audio muted unless you want to ask a question.

Zoom Log in details:

Meeting ID: 822 8761 2272

Passcode: namaste

[ZOOM LINK](#)

For Payment follow link:

[Monthly unlimited \(online only\) \\$190](#)

[Monthly unlimited \(shala and online\) \\$230](#)

[Casual class \(online only\) \\$19](#)

Please purchase your pass before attending the class.

Please note, our shala is closed on NEW and FULL Moon days.

There are no classes on these days. Check website for dates.

Class Schedule Online

Monday to Friday Mysore style practice (all levels) 5:45am - 8:30am

Sunday led Primary class (for people with regular Mysore practice) starts 8am

Led Intermediate practice once a month, please check website for dates.

For any questions please email Ash at practice@ashyoga.com.au