



Tamara Yoga



About us

At [Tamara Yoga](#), we're passionate about increasing happiness in the world and helping each individual to feel their best. If you feel as though there's something more that you could be getting out of your life, then Tamara Yoga is for you. Whether you're feeling stressed or just have a gut feeling that there must be a better way of living, we can help!

Did you know that Yoga is calming, energizing, helps you sleep better, increase flexibility, makes you stronger and healthier, increases brain function, uplifts your spirits, concentration and memory, increases fertility and has been shown at the cellular level to be anti-aging, all whilst helping you to feel happier. Who wouldn't want that?

Classes and Courses

We've got classes to suit anyone, at any level. Most of our classes are Vinyasa which means 'to step or place in a special way' and refers to how you will be moving from where you currently are to your desired destination. If you've never attended a yoga class before then we recommend you start with our 6-week beginner course, the 'beginners drop in class' is available to anyone who can't commit to the course.

Classes:

- Vinyasa Beginners
- Vinyasa All Levels
- Vinyasa Advanced
- Vinyasa Over 50's
- Restorative
- Private Instruction
- Teachers Only Asana
- Yoga Therapy
- Yoga At Work
- Yin Yoga
- Meditation
- Yoga at School
- Meditation

Courses

- Beginners Course
- Children's Course
- Restorative Course
- Meditation Course
- Teen Course
- Pregnancy Course

We believe
yoga is a necessity
not a luxury.





Contact us

Please contact us with any questions or inquiries, we're always happy to discuss our classes and time schedule over the phone.

Phone: **08 9385 2242**

Address: [Claremont Studio and Head Office](#)
6 Guger Street, Claremont
Western Australia 6010

[Bibra Lake Studio](#)
22 Gwilliam Drive, Bibra Lake
Western Australia 6163

Email: **info@tamarayoga.com**

Book online: [Click here](#)

Website: www.tamarayoga.com



Imagine feeling
healthier, happier
and more resourceful.

