Yoga Rhythms is a synthesis of many styles of yoga.

Our approach is simple, we aim to make our classes available to all levels of experience, whether you’re a beginner or a seasoned practitioner there's a class for you.

Our focus is on sensation based alignment, safety, and enjoyment, we encourage you to listen to your body, tune in and find your own unique expression of the poses, do what your body allows.

Join Jo on the mat today and embrace the ever new experience of your Yoga Rhythms journey, find increased freedom in your body, and reveal the still depth of your mind.

Mondays 9.30am - Gentle Flow

Grant Road Sporting Complex in Morayfield $11

Tuesdays 6.30pm - Yin Yoga

Earth Vibrations, 9 Mumford Rd, Narangba $12

Wednesdays 9.30am - Gentle Flow + Guided Meditation

GK Fit, 8 Snook St, Clontarf $10

Thursdays 6.30pm - Dynamic Flow

GK Fit, 8 Snook St, Clontarf $12

Saturdays 8am - Dynamic Flow

Farmers Assembly Hall, 704 Caboolture River Road $14