hut.

HEAL BREATHE MOVE

Private Experience

finding acceptance in imperfection
impermanence & incompleteness

INTRODUCTION

Our purpose at Hut is to immerse ourselves in our deep connection with the land, nature and our community. With an underlying principle of finding acceptance in imperfection, impermanence & incompleteness. A way of life that appreciates and accepts complexity while at the same time values simplicity.

The Hut is a small boutique yoga space, where you step out of the day to day hustle & bustle and onto our beautiful farm & vineyard immersed deeply in the beautiful natural environment of Red Hill. We pride ourselves on the high quality personal touches we bring to Hut, elegant simplicity, all you need to do is step slowly towards this truly unique experience & space we hold just for you!

Our instructors give so much of themselves in every class, including individual adjustments throughout your guided savasana and close every class with an organic tea offering signifying simplicity & harmony.

PRIVATE EXPERIENCE

Why Hut Private Experience?

Our private experience classes are expertly tailored, setting the tempo to your groups exact needs and matching you with a professional and knowledgeable instructor to ensure a blissful experience.

All you need to do… choose your preferred time, style and gather your yogis!

Perfect For...

Private tailored program

Birthday's

Hens Celebrations

Corporate Activities

Wedding partys

Studio Features

- FAR infra-red heating panels
  (approx. 24-26C – can be turned off on request)
- Floor to ceiling windows with views of the lush green surrounds
- Gas Fire Place
- Manduka yoga mats, bolsters, blankets, yoga straps, blocks, eye pillows
- Bathroom facilities including, toilet and shower with complimentary use of Hunter products post class.
- Complimentary organic Love Tea post class
- Private parking

CHOOSE YOUR FLOW

HEAL

The acceptance of imperfection.
Through acceptance, you find freedom; out of acceptance, you find growth.

Offerings from yoga Nidra, meditation, woman's circles, restorative and deep yin. The intention of deep rest immersion to connect with body, heart, and soul. To cultivate compassion and connection, and invite us into inquiry, acceptance, and authenticity. With an aim of finding peace in stillness, home in the self. Let us guide you through a range of grounding, revitalising and transformative practices to awaken the vitality, joy and freedom that dwell within us all.

BREATHE

Space for silence, a place for the soul to realise nothing is truly permanent.

Involved many techniques that focus on the use of breathing exercises as a means of therapy and self-healing. Breathwork is more than an exercise of breathing correctly or with intent. Breathing techniques are tools for major transformation and healing. Breathwork encompasses a broad range of whole-being therapeutic practices and exercises used to relieve mental, physical and/or emotional tension.

MOVE

Slow and simply in tune with nature, to feel the true joy of what it means to be alive.

At the Hut, we practice vinyasa flow with ashtanga influence yoga. 'Vinyasa' refers to a movement that is synchronised with breath and the practice moves smoothly from posture to posture. Our Vinyasa instructors personally choreograph their classes and music to smoothly transition from pose to pose. The intensity of the practice is like Ashtanga, but no two vinyasa classes are the same. finding acceptance in imperfection impermanence & incompleteness heal breathe move If you hate routine and love to test your physical limits, warm vinyasa flow will suit you perfectly.

Pricing

- $300 per hour
- Capacity 1 – 10 people
- All prices are for 60 minute sessions.
- However, 90 minute sessions are also available by enquiry.

Please contact the Hut for further details.

Bookings

To book your next private experience at the Hut,
please email Lauren via info@hutyoga.com.au
to secure your booking.