



VASUDEVA KRIYA YOGA

TERM 1 2026 YOGA CLASSES - MELBOURNE

VKY IS AIMING TO CREATE A HEALTHY FAMILY, HEALTHY COMMUNITY, AND HEALTHY NATION FOR A HEALTHY WORLD
WE WELCOME PARTICIPANTS ACROSS THE WORLD TO JOIN THIS WELLNESS JOURNEY



Days	Timing (AEST)	Batch	Class Venue Teacher	Dates	Mode	Fee
Mon-Wed	6:00-7:00 AM	Week 151	Anga Jaya Intense Yoga for a healthy body Mount Waverley Scout Group, 19-27 Orchard Street, Glen Waverley * VIC 3150 Guruji	27 Jan-1 Apr '26	Face to Face	\$15/class or \$50/week
Thu-Sat	6:00-7:00 AM	2	Anga Jaya Intense Yoga for a healthy body VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	29 Jan-4 Apr '26	Face to Face	\$15/class or \$50/week
Mon, Tue, Thur	6:00-7:15 PM	2	Yoga and Meditation VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Arvind / Guruji	27 Jan-2 Apr '26	Face to Face	\$15/class or \$40 per week
Mon-Fri	6:30-7:00 AM	62	Morning e-Yoga for busy people	27 Jan-2 Apr '26	Online	\$120/term
Mon-Fri	6:00-7:00 PM	62	Evening e-Yoga	27 Jan-2 Apr '26	Online	\$120/term
Tuesday	6:30-7:30 PM	11	Upanishad/Ask Me a Q VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	28 Jan-25 Mar '26	Face to Face & Online	Donation
Wednesday	6:15-7:45 PM	29	Yoga for All VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Arvind	28 Jan-25 Mar '26	Face to Face	\$120/term
Thursday	6:00-7:30 PM	23	Yoga for All Huntingdale Community Hall, Germain Street, Oakleigh South VIC 3167 Manoj	29 Jan-26 Mar '26	Face to Face	\$120/term
Thu-Fri	6:00-7:00 AM	Week 46	Yoga for All Brentwood Park Neighbourhood House & Community Centre, 21A Bemersyde Dr, Berwick VIC 3806 Nagendra	Jan-Dec '26	Face to Face	\$80/m or \$50/m for 1 class/week or \$15/class
Friday	6:00-7:30 PM	2	Bhajan VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Sumana	30 Jan-27 Mar '26	Face to Face	Donation
Friday	6:30-7:30 PM	2	Family Yoga VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Dr. Narendra	30 Jan-27 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	2	Yoga for All VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Deepa / Ashwini	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	55	Yoga for All Doncaster Senior Citizens Centre, 895-901 Doncaster Rd, Doncaster East VIC 3109 Nisha / Julie	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	65	Yoga for All Shirdi Sai Sansthan, 32 Halley Ave, Camberwell VIC 3124 Kiran	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	66	Yoga for All Mulgrave Neighbourhood Hall, 36-42 Mackie Rd, Mulgrave VIC 3170 Brijesh / Anitha	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	10	Yoga for All James Bathe Community Hub, Room 1 Caversham Dr, Pakenham VIC 3810 Vignesh / Krystyna	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	41	Yoga for All Bridgewater Family & Children's Centre, 45 Bridgewater Boulevard, Berwick VIC 3806 Nagendra / Dr. Narendra	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	50	Yoga for All Mount Waverley Scout Group, 19-27 Orchard Street, Glen Waverley VIC 3150 Tushar	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	41	Yoga for All 3rd Croydon Scout Hall, 15 Lusher Rd, Croydon VIC 3136 Mani / Kalpana	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	13	Yoga for All Hughesdale Community Centre, 162 Poath Rd, Hughesdale , VIC 3166 Prashant	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	7:30-9:00 AM	12	Yoga for All Sri Durga Temple 705-715 Neale Rod, Deanside VIC 3336 Anil	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	8:00-9:30 AM	25	Yoga for All Riverside Community Activiy Centre, 8 Doreen Rogen Way, South Morang VIC 3752 Rama	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	8:00-9:30 AM	6	Yoga for All Sherbrooke Family & Children Centre, 1443 Burwood Hwy, Upwey VIC 3158 Rita	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	9:30-11:00 AM	51	Yoga for All Hindu Society of VICtoria, Peackck Room, 52 Boundary Rd, Carrum Downs VIC 3201 Shripriya / Varun	31 Jan-28 Mar '26	Face to Face	\$120/term
Saturday	4:15-5:00 PM	1	Meditation VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Rita	14 Feb-18 Apr '26	Face to Face	Donation
Saturday	5:00-6:00 PM	30	Bhagavad Geeta VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	Jan-Dec '26	Face to Face & Online	Donation
Sunday	7:00-9:00 AM	83	Divinity in Yoga-Morning VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	1 Feb-29 Mar '26	Face to Face & Online	\$140/term
Sunday	9:30-10:00 AM	1	Valmiki Ramayan VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	7 Feb-29 Mar '26	Face to Face & Online	Donation
Sunday	4:00-5:00 PM	10	Mindful Mastery VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	1 Feb-29 Mar '26	Face to Face & Online	\$120/term
Sunday	5:00-6:00 PM	2	Kids Yoga VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Prashant	1 Feb-29 Mar '26	Face to Face	\$120/term
Sunday	5:00-6:00 PM	11	Kids Yoga Bridgewater Family & Children's Centre, 45 Bridgewater Boulevard, Berwick VIC 3806 Nagendra / Krystyna / Vignesh	1 Feb-29 Mar '26	Face to Face	\$120/term
Sunday	5:00-6:00 PM	39	Kids Yoga Mount Waverley Scout Group, 19-27 Orchard Street, Glen Waverley VIC 3150 Amrut / Julie	1 Feb-29 Mar '26	Face to Face	\$120/term
Sunday	5:00-6:30 PM	51	Divinity in Yoga-Afternoon VKY Mandir 1/80 Mills Road, Braeside VIC 3195 Guruji	1 Feb-29 Mar '26	Face to Face & Online	\$120/term
Sunday	6:00-7:00 PM	2	Family Yoga Bridgewater Family & Children's Centre, 45 Bridgewater Boulevard, Berwick VIC 3806 Nagendra	1 Feb-29 Mar '26	Face to Face	\$120/term
Mon-Fri	Till Dec 2026		Unlimited online weekday morning e-busy class till Dec 2026		Online	\$475
Mon-Fri	Till Dec 2026		Unlimited online weekday evening class till Dec 2026		Online	\$475
Mon-Fri	Till Dec 2026		Unlimited online weekday morning and evening class till Dec 2026		Online	\$550
Mon-Sun	Till Dec 2026		Unlimited F2F class including all publications (excluding Anga Jaya Intense Yoga) till Dec 2026		Face to Face	\$1,000
Mon-Sat	Till Dec 2026		Unlimited Anga Jaya Intense Yoga till Dec 2026		Face to Face	\$1,500

*SUBJECT TO CHANGE

STARTER PACKAGE: ALL VKY BOOKS PLUS TEE SHIRT \$150

VKY PUBLICATIONS: DIVINITY IN YOGA: \$35, SURYA NAMASKARA: \$20, ARISE AWAKE & REALISE: \$25, AIM HIGH REALISE GREAT LIVE BEYOND YOUR SHELF LIFE VOL 1,2: \$25EA, LIFE SUTRA VOL 1-7: \$5 EACH. SPECIAL OFFER FOR COMPLETE SET: \$140

**PLEASE GET IN TOUCH WITH US FOR A DISCOUNT IN CASE OF FINANCIAL STRESS
ALL PROCEEDS GO TO HUMANITARIAN PROJECTS**

Donation → Vasudeva Kriya Mandir Ltd | BSB: 193-879 | A/C : 400463258

Fees → Vasudevakriyayoga | BSB : 013479 | A/C : 901654618



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