

YOGA

Bring some balance in to your life with Yoga

Non-competitive and gentle, yoga works to harmonise the body and mind.

Relief from pain, anxiety and tension using breath and postures for relaxation, strength and postural alignment.

Beginners Course \$120

Casual \$14 per class

10- class pass \$110

Concessions available

2007 Class Times Yoga On Parker, 23 Parker St, Newmarket	
Tuesdays	6.00-7.15pm (Beginners Course-see website or call for details) 7.30- 9.00pm (Open Class)
Thursdays	9.30- 11.00am (Open Class) 5.45- 7.15pm (Pregnancy) 7.30- 9.00pm (Experienced)

Please call 3366 0928 to book.

Camille Jeboult (B.A., Dip. Yoga Teaching) is an experienced teacher with much to offer.

<http://www.yogaasana.com.au>

