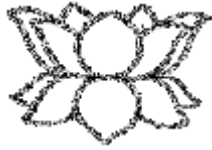


YOGA ASANA STUDIO



Bring some balance into your life with Yoga.

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

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

10 class pass \$110/ \$13 casual

Beginners 10-week block \$120

(concessions available)

Camille Jeboult (B.A., Dip Yoga Teaching) is an experienced yoga instructor catering for all levels.

Please call **Camille** on
3366 0928 or **0421 106 441**
to book your place.
info@yogaasana.com.au

www.yogaasana.com.au

Yoga Asana Studio offers friendly classes with a highly qualified teacher. Our classes are well balanced and thorough, and cater for students of all levels.

Non-competitive and gentle, yoga works to harmonise the body and mind. Experience relief from pain, anxiety and tension using easy postures for relaxation, strength and postural alignment.

WEST END:

Yoga Studio, 324 Montague Rd

MONDAY

6.30 - 8.00 PM (open)

NEWMARKET:

Presbyterian Church, Willmington St

TUESDAY

6.30 - 8.00 PM (beginners)

THURSDAY

9.00 – 10.30 AM (open)

6.30 - 8.00 PM (experienced)



Corporate Proposal

In this fast-paced, competitive and often stressful work climate, many people are benefiting from taking a yoga class once or twice a week. Spending some quality time-out for relaxation and rejuvenation does wonders for stress levels; people become happier, healthier and more productive.

Yoga Asana Studio comes to you!

If you have a group of staff interested, I can come to your place of business and conduct a 45-60 minute class either before work or during lunch. I supply all the necessary equipment; all you need is the people and the space.

1-8 people: \$80/45 min session or
\$90/60 min session

9-12 people: \$100/45min session or
\$120/60 min session

13+ people: \$120/45 min session or
\$140/60 min session