

# YOGA CLASSES



## HATHA YOGA CLASSES

Stretch and strengthen your body, focus your mind and relax your spirit with yoga.

Classes starting in the New Year.

When: Wednesday evening, 6.30pm, starting January 15, 2014

Where: Campbelltown Leisure Centre, Botanic Grove, Campbelltown.

Cost: 8 class pass \$80, or \$15 per casual class

## INTRODUCTION TO YOGA COURSE

Never tried yoga? This eight week course will teach you the foundation postures, basic yoga breathing techniques and introduce you to yoga nidra – a wonderful relaxation practice. Highly recommended before commencing general classes.

When: Monday evenings 6.30pm, starting January 13, 2014

Where: Campbelltown Leisure Centre, Botanic Grove, Campbelltown.

Cost: \$80 for 8 weeks

Place are limited, book soon to secure your spot.

## GIVE THE GIFT OF WELLNESS THIS CHRISTMAS

Help someone you love start 2014 with the gift of yoga. Vouchers are available for beginners courses, casual classes, 8x class passes and one-one-one tuition.



yoga indra

TO SECURE YOUR PLACE  
CONTACT YOGA INDRA ON:

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