

To energize, restore peace of mind & tone the body



Hatha Yoga

Cheltenham

Our teachers
Lorraine, Mary and
Laurel are fully
qualified & can
show you the way to
better health &
wellbeing

Benefits of Yoga

- Relieve stress, anxiety & Depression
- Help to improve posture & strengthen the back
- Increase flexibility & endurance
- Weight Loss & vitality
- Confidence & contentment

**This is Yoga
You Can Do!**
All our classes
are suitable for
beginners and
intermediate
students

Uniting Church
15 Herald St. Cheltenham

Lorraine: 9598 0464
Mary: 0408 664 020
Laurel: 0412 946 938
hathayoga15@hotmail.com



Class Timetable

Day	Time	Class	Teacher
Monday	10:00 am	Yoga Peace	Lorraine
Tuesday	6:30 pm	General	Laurel
Wednesday	6:00 pm	General	Mary
Thursday	9:30 am *	General	Mary
	11:00 am	Restore	Mary
	6:30 pm *	Yoga Peace	Lorraine
	7:45 pm	Yoga Peace	Lorraine
Saturday	9:15 am	General	Mary

- All classes 1.25 hrs Except * 1.5 hrs

Introductory Offer

First Class \$5.00

Class Price List

Casual: \$17.00 or 10 class package: \$150.00

Concession: \$14.00 or 10 class package: \$120.00

Private classes Available