

# yoga joy

**Classes for beginners and those looking for a gentle yoga practice**

**J**oin me on a yoga journey and discover how yoga can help vitalise your body, ease your mind, strengthen your immune system, regain your inner balance and enhance your general wellbeing.

**Glenhuntly, St. Anthony's Primary School**  
Corner Neerim and Grange Roads. Enter from Grange Road, grey building on left

Wednesday: 6:30pm - 7:30pm

Friday: 9:30am - 10:30am

**Caulfield South Community House**

450 - 452 Kooyong Road

Enter from Jupiter Street

Sunday: 11:00am - 12:00pm

**Chelsea Yacht Club**

Stunning views overlooking the bay. Enter via Kelvin Grove off Nepean Highway

Thursday: 7:00pm - 8:15pm

**\$16 per class, \$70 for 5 classes**



For more information

Phone: 0450 467 789

[info@yogajoy.net.au](mailto:info@yogajoy.net.au)

[www.yogajoy.net.au](http://www.yogajoy.net.au)

Joy is an accredited yoga teacher with 20 years experience in practising different yoga styles.