



# The Harmony School of Yoga

Hatha Yoga, Relaxation, Meditation,  
Yoga Philosophy and Pilates

## CHILDREN'S YOGA

Children have a natural talent for imitation. It is part of the learning process and they are often eager to join their parent's Hatha practice sessions.

Care is always needed however, especially when the body is young and may not be completely formed. What better time to start yoga and enjoy its many benefits before the ageing and stiffening process has had a chance to begin!



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## FAMILY YOGA

Family Yoga brings together the adult and the young child in a light-hearted class.

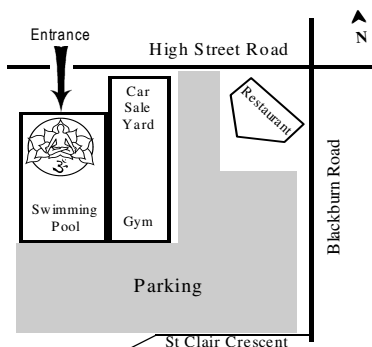
The adult is the supporter of their child in this class, and the child is encouraged to be likewise towards their parent, bringing the parent and child closer.

Classes include Asana practise and imaginative game, and a 'yogi's choice' (movement/Asana).

Classes commence Saturday 8th March 2008  
11:00am

Bookings essential on:  
98303494

Cost: 10 weeks \$160.00 (Parent & Child)  
5 weeks \$80.00 (Parent & Child)



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