

The Harmony School of Yoga

Level 1, 554 High Street Road,
Mount Waverley, Vic. 3149
Tel/Fax 9803 3494
Website www.harmonyyoga.org

INTRODUCTION TO YOGA for BEGINNERS

A SIX WEEK COURSE

**SATURDAYS 10.30 AM TO 12 NOON
CLASSES COMMENCING NOW.**

COST \$130.00

CALL 9803 3494 FOR FURTHER DETAILS.

**This 6 week course covers the basic postures,
breathing exercises, and Relaxation techniques.**

**Each class offers a short talk on the different
aspects of Yoga, and how Yoga can become a
way of life.**

ALSO

BEGINNERS CLASS

10 X 1 HOUR CLASSES.

**THURSDAYS 8.00 PM TO 9.00 PM
COMMENCING NOW.**

COST \$145.00

BOOKINGS ESSENTIAL.

PHONE 9803 3494