



The Harmony School of Yoga

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INTRODUCTION TO YOGA A SIX WEEK COURSE

Commencing Saturday July 18th at 10.00 am

Six 2 hour sessions for complete beginners, or for those who simply wish to start again.

- **Pranayama - Breathing Techniques**
- **Hatha Yoga - Postures or Exercises**
- **Yoga Nidra - Relaxation**
- **Short Lecture on different aspects of yoga**

PLEASE BOOK: 9803 3494