

The Harmony School of Yoga

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Yoga Studio: 554 High Street Road,

Mount Waverley 3149

WHAT'S HAPPENING JANUARY 2012

CHAKRA WORKSHOP THIS SUNDAY 15TH JANUARY

1.00 PM TO 4.00 PM

\$35.00

RSVP 13TH JANUARY

Learn more about these subtle energies.

**Learn how to balance and heal these energies
through Hatha Yoga.**

BOOKINGS ESSENTIAL

Last date for bookings 8.00 pm Fri 13th January.

**SUMMER PROGRAM CLASSES HELD
THROUGHOUT JANUARY**

Hatha Yoga Classes

Tues 10th 9.30 - 11.00 am
7.00 - 8.30 pm

Wed 11th 7.00 - 8.30 pm

Fri 13th 9.30 - 11.00 am

Tues 17th 9.30 – 11.00 am
7.00 – 8.30 pm
Wed 18th 7.00 – 8.30 pm
Fri 20th 9.30 – 11.00 am
Tues 24th 9.30 – 11.00 am
7.00 – 8.30 pm
Wed 25th 7.00 – 8.30 pm
Fri 27th 9.30 – 11.00 am

NORMAL TIMETABLE RESUMES FROM MONDAY 30th JANUARY 2012

ESOTERIC CLASSES RESUME MON 6TH AND THURS 9TH FEBRUARY

WORKSHOPS

- Pre/Post Natal workshop Saturday 21st Jan 2012, 2.00 – 4.00 pm \$20.00
- Pilates workshop Sunday 22nd January 2012, 2.00 – 4.00 pm \$20.00
- Childrens workshop Thur 19th Jan. 1.00 – 3.00 pm - ages 8–11 years \$20.00
Fri 20th Jan 1.00 – 2.30 pm - ages 4-7 years \$15.00

Note: Early bookings required with a non-refundable deposit for all workshops.

CONTACT LIZ FOR MORE INFO AND BOOKINGS.

Elizabeth Coon,
Principal,
The Harmony School of Yoga