

## **COURSE DESCRIPTION**

Yoga is a wonderful way to relieve stress and anxiety, regain health and wellbeing, strengthen and tone muscles and increase flexibility.



**Mill Park**  
COMMUNITY HOUSE



## **YOGA CLASSES**



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# Hatha Yoga

The physical postures are designed to help improve blood circulation, remove toxins, develop and strengthen the central nervous system and works specifically on the endocrine glands (hormone producing glands).

Since the hormones make us who we are, we then begin to feel less stressed, emotionally calmer and in control as well as a better ability to focus and think clearly.



Enjoy a friendly easy going atmosphere as you stretch, balance your hormones, breath and relax. Classes designed for all body types and ages.

Sue is a fully qualified teacher from the Gita International School of Yoga and has 20 years teaching experience with mums & bubs, children, pre-natal, post-natal and adults.

## What to bring:

- \* Yoga mat / camping mat or towel to work on.
- Blanket for relaxation.

**COST: \$100.00 per term**

**Payable on enrolment**

The Yoga classes run on:

## Monday Morning

9.05am -10.20am

## Wednesday

### Morning

First session 9.30am—10.45am

Second session 10.45—12.00pm

Evening: 7.00pm – 8.00pm

## Thursday Evening

First session 6.00pm—7.15pm

Second session—7.15-8.30pm



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