



Yoga Fundamentals with Nicola & Ross

Saturday 25 June 2016
1.30 - 3.30pm @ The Yoga School

**For new students looking to start yoga and for
seasoned yogis looking to improve their practice.**

Always wanted to try yoga? Wonder how to start? Demystify this ancient practice and start accessing the amazing benefits of this full mind/body workout.

Join us for our 2-hour workshop where we will be covering:

- Correct alignment for a safe practice
- Basic meditation and breathing techniques to deepen your connection of mind/body/breath
- Learn how to make your practice a moving meditation
- Muscle activation for balance and support
- Using your eye gaze to internalise and focus.

What to bring:

- A towel
- Water
- An open mind.

Wear comfortable close fitting clothing, suitable for exercising. Please leave jewellery and valuables at home and come showered and unscented.

This workshop will equip you with the knowledge to confidently join in with regular public classes at The Yoga School.



\$59
or \$49 early
bird if paid by
11 June

You don't need to be fit and flexible to join us for this yoga fundamentals workshop



Nicola

Ross

Bookings can be made in person at the studio
or online: www.theyogaschool.com.au

For more information call Ross on 0421 011892
or email Nicola nicola@knoffyoga.com

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*Stretch your body,
calm your mind*