



# Yoga Fundamentals

## with Nicola & Ross

**Saturday 25 February 2017**  
**1.30 - 3.30pm @ The Yoga School**



**\$59**  
or \$49 early  
bird if paid by  
11 Feb

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

Have you always wanted to try yoga but don't know where to start? Discover this ancient practice and access the amazing benefits of a full body and mind workout.

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

- Meditation and Breathing to reduce stress and tension
- Balancing Strength and Flexibility
- Mindfulness
- Synchronising Breath and Movement
- Correct Alignment.

- This is our second Yoga Fundamentals Workshop.
- This is the ideal starting point for first-time yoga students.
- Fresh new content for previous Yoga Fundamentals students.
- Gain the knowledge to confidently join in with regular public classes at The Yoga School.
- Wear comfortable, close-fitting clothing suitable for exercising.

*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](http://www.theyogaschool.com.au)

For more information call Ross on **0421 011892**  
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[www.theyogaschool.com.au](http://www.theyogaschool.com.au)