



MY HEALTH YOGA



Gold Coast

Spring/Summer 2011

Yoga Classes | Teacher Training

www.myhealthyoga.com

MY HEALTH YOGA
Spring/Summer 2011

General Yoga

Traditional postures and breathing.
LEVEL 1, LEVEL 2

Vinyasa Yoga

Dynamic, centering, flowing practice.
LEVEL 1, LEVEL 2

Pregnancy Yoga

For expecting Mums, benefiting pregnancy and labor.
LEVEL 1

Meditation and Light Yoga

Guided meditation for deep bliss and gentle postures.
LEVEL 1

Yoga Levels

LEVEL 1 - Beginners
LEVEL 2 - Intermediate
LEVEL 3 - Advanced

Casual \$15
5 Class Pass \$ 65
10 Class Pass \$120
Monthly Pass \$125

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am 75min General Mel	10:00am 75min General Beth	10:15am 75min General James	10:15am 75min Vinyasa Kia	10:15am 75min General Beth	8:00am 60min Pregnancy Ree	8:00am 75min Meditation & Light Yoga Linda
	12:00pm 60min Vinyasa Lois				9:15am 75min General Ree	
6:00pm 75min Vinyasa Greg	6:00pm 75min Vinyasa Beth	5:45pm 75min General Debbie	6:00pm 75min Vinyasa Carlos	6:00pm 120min Master Class Once a month Carrie		

For more information about our masterclasses visit www.myhealthyoga.com

Welcome to My Health Yoga on the Gold Coast.

The many benefits of yoga:

- ☯ Stretches and tones muscles and re-aligns the body.
- ☯ Calms the mind, increases concentration and clarity.
- ☯ Removes toxins from body and emotions, releasing resources of untapped energy and higher awareness.
- ☯ Activates Meridians and increases consciousness.
- ☯ Improves circulation, ensuring a rich supply of nutrients and oxygen to the cells of the body.

Who can do Yoga?

Yoga may be practiced by anyone regardless of age, sex or physical ability.

How often can I do Yoga?

As often as you like. Some people practice Yoga daily. At least once a week is recommended. No bookings required for classes. Mats provided or bring your own.

NEW HEALERS COURSE - Advanced Therapy!
See our website for details: www.myhealthyoga.com



YOGA TEACHER TRAINING - Please Enquire.

A nine month part time course, with a strong asana base and focus on raising consciousness and developing spirituality. Join with or without the intention to teach:
Gold Coast | Brisbane | Sunshine Coast | Correspondence

NATURAL THERAPY AND HEALING

Naturopathy ☯ Therapeutic Massage ☯ Ka Huna Massage
Acupuncture ☯ Reiki + Reiki Courses ☯ Counselling
Spiritual Healing ☯ Tarot ☯ Yoga + Healing Retreats
1 hr \$80 | 1.5 hr \$110 | 2 hrs \$140

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