



 MY HEALTH YOGA

Brisbane

Spring 2010

Yoga Classes | Teacher Training

www.myhealthyoga.com

MY HEALTH YOGA Spring 2010

General Yoga

Traditional postures and breathing. L1, L2.

Vinyasa Yoga

Dynamic, centering, flowing practice. L2, L3.

Energy Yoga

A gentle form of yoga focusing on stimulating and cleansing energy systems of the body including meridians, organs and chakras. L1, L2.

Level 1 (L1) - Beginners

Level 2 (L2) - Intermediate

Level 3 (L3) - Advanced

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6.30am 60min
Energy
Lana

10.00am 75min
Vinyasa
Elesia

10.00am 75min
General
Natalie

9.30am 75min
Vinyasa
KarenR / Yumi

10.00am 75min
General
Karen P

5.45pm 75min
General
Carrie

6.00pm 75min
General
Marika

6.00pm 90min
Vinyasa
Leon

6.00pm 75min
Vinyasa
Yumi

Welcome to My Health Yoga, Brisbane.

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. Shower and changeroom is available at the studio.

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



YOGA TEACHER TRAINING – Please Enquire.

A nine month p/t 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

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

MY HEALTH YOGA Brisbane Studio

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