



MY HEALTH YOGA



Gold Coast  
Spring 2010

Yoga Classes | Teacher Training

[www.myhealthyoga.com](http://www.myhealthyoga.com)

# MY HEALTH YOGA Spring 2010

## General Yoga

Traditional postures and breathing. L1, L2.

## Vinyasa Yoga

Dynamic, centering, flowing practice. L2, L3.

## Yin & Yang Yoga

Yang lengthens muscles while Yin poses soften connective tissues. L1, L2.

## Pregnancy Yoga

For expecting Mums, benefiting pregnancy and labor. L1.

## Chakra Yoga

A gentle series of postures with awareness on opening Universal Energy through the seven main 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
10.00am <sup>75min</sup> Chakra Sara	10.00am <sup>75min</sup> General Beth	10.15am <sup>75min</sup> General James	10.15am <sup>75min</sup> Vinyasa Kate	10.15am <sup>75min</sup> General Beth	8.00am <sup>60min</sup> Pregnancy Ree	
	12.00pm <sup>60min</sup> Vinyasa Lois		4.30pm <sup>60min</sup> General Helen		9-10am <sup>75min</sup> Yin & Yang Ree	4.00pm <sup>75min</sup> General Beth
6.00pm <sup>75min</sup> General Jessie	6.00pm <sup>75min</sup> Vinyasa Beth	5.30pm <sup>75min</sup> General Debbie	6.00pm <sup>75min</sup> Vinyasa Carrie	6.00pm <sup>75min</sup> General James		

## 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 energy 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.myhealthyyoga.com](http://www.myhealthyyoga.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 Gold Coast Studio

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