



ॐ MY HEALTH YOGA

Brisbane

Summer 2010

Yoga Classes | Teacher Training

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

# MY HEALTH YOGA Summer 2010

## General Yoga

Traditional postures and breathing.  
LEVEL 1, LEVEL 2.

## Beginners Yoga

Traditional yoga with full guidance. LEVEL 1.

## Vinyasa Yoga

Dynamic, centering, flowing practice. L 1, L2.

## Pregnancy Yoga

For expecting Mums, benefiting pregnancy and labor. LEVEL 1.

## Goddess Yoga

Yoga and Dance to awaken the inner Goddess. ALL LEVELS

## Master Class

Go deeper with 2 hours of yoga techniques.  
\$20 - ALL LEVELS.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00am 75min <b>Beginners *</b> Natalie	6.30am 60min General Elisia	10.00am 75min Vinyasa Rohan	10.00am 75min <b>General *</b> Natalie	10.00am 75min General Rohan	8.15am 60min <b>Pregnancy *</b> Julie	10.00am 75min <b>General *</b> Karen P
	10.00am 75min <b>General *</b> Marika	5.45pm 75min General Carrie			9.30am 75min Vinyasa Karen R / Yumi	
6.00pm 75min General Fiona	6.00pm 90min <b>Vinyasa*</b> Leon	7.15pm 75min <b>General *</b> Yumi <i>Yoga in Japanese</i>	6.00pm 75min Vinyasa Stuart	6.00pm 75min <b>Goddess Yoga*</b> Romana	11.00am 2 hrs <b>Master Class*</b> Guest Teachers <i>note: only on selected dates - see website</i>	<b>* New Class</b>

## 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](http://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

NEW LOCATION: 602 Lower Bowen Terrace,  
New Farm ☯ T: 07 5576 0655 | 0402 838 545  
E: [info@myhealthyoga.com](mailto:info@myhealthyoga.com) ☯ [www.myhealthyoga.com](http://www.myhealthyoga.com)