



MY HEALTH YOGA

Gold Coast  
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. L1, L2.

## Yin & Yang Yoga

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

## Pregnancy Yoga

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

## Mums & Bubs Yoga

Mother, baby unite w' posture and breath L1.

## Master Class \$20

Go deeper with 2 hours of yoga techniques. L1, L2.

Casual \$15

5 Class Pass \$65

10 Class Pass \$120

Monthly Pass \$125

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00am 75min Beginners Fiona	10.00am 75min General Beth	8.45am 75min Pregnancy Ree	10.15am 75min General Fiona / Kate		8.00am 75min Pregnancy Ree	
	12.00pm 60min Vinyasa * Lois	10.15am 75min General James	12.00pm 60min Mums & Bubs Niki	10.15am 75min Vinyasa Beth / Kate	9.10am 75min Yin & Yang * Mark	
6.00pm 75min Yin & Yang Mark	6.00pm 75min General Fiona	5.30pm 60min Beginners Debbie	4.30pm 60min General Helen	6.15pm 75min General James	11.00am 2 hrs Master Class * Guest Teachers <i>note: only on selected dates - see website</i>	4.00pm 75min General Beth / Mark
			6.00pm 75min Vinyasa Carrie			

\* New Class

## 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.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

Suite 42a, Top Floor, Oasis Shopping Centre  
Broadbeach ☯ T: 07 5576 0655 | 0402 838 545  
E: [info@myhealthyyoga.com](mailto:info@myhealthyyoga.com) ☯ [www.myhealthyyoga.com](http://www.myhealthyyoga.com)