

# HATHA YOGA BEGINNERS BASICS COURSE



## 8 WEEK COURSE

Commencing: Tuesday 3<sup>rd</sup> August  
Completing: Tuesday 21<sup>st</sup> September  
Time: 6.30pm to 7.40pm

*If you have never tried YOGA or you have not practised for a while, then this is the Course for you.*

*Our style of Yoga at Yoga West works both on the body physically and mentally. You will be taught how to move, sit and stand correctly AND you will also be guided how to bring awareness to your "inner" self through the breath, relaxation and meditation.*

**COST: \$120 for 8 week course  
\$104 Concession  
\*\*PAID IN ADVANCE PLEASE\*\***

**BOOKINGS: 9683 2441 or  
email: [info@yogawest.com.au](mailto:info@yogawest.com.au)**

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