



## ~ Beginners' Yoga Course ~

*Busy, stressed-out, tired or stiff? Curious, want to try yoga?*

The practices of yoga will help you to unwind, energise and re-balance. This 8 week course is for anyone that is curious but has never tried yoga before. With attention to detail and an emphasis on safety, yoga is presented in a sincere-yet-friendly atmosphere, suitable for both men and women.

You will learn and practice the fundamentals of breathing, alignment, techniques and postures (called asana) of classical Hatha Yoga. We introduce the concepts of body/breath awareness and mindfulness as a means to developing physical and mental relaxation, focus, flexibility and strength – leading to inner stillness and total balance in life. *Places are limited to 15 students to allow for personal attention in class.*

*When*                      *5.15 – 6.45 pm*  
*Mondays, 8 weeks*  
*31 May – 19 July 2010*

Cost                        \$120.00 or \$100.00 booking with a friend

Where                     “A Place to Just Be”, 4A Preston Point Road,  
East Fremantle (just off Canning Hwy)

Bookings                Prior registration and payment is essential. Mats  
and equipment is provided.  
Download the Registration Form on website.  
[www.momentumcoachyoga.com.au](http://www.momentumcoachyoga.com.au)

Teacher & Info        Natalie Snooke, Registered Yoga Teacher  
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