



# Yoga Classes

## 14th Batch of Yoga Classes in Mulgrave



The course aims to provide the student with a deeper knowledge of Yoga and its principles, and the ability to practice Yoga the right way. The 1.5-hour weekly session covers the theoretical and practical aspects of Yoga Asanas, Pranayama (breathing techniques) and Meditation.

### The course will cover:

Stress Release  
Improving Body Awareness  
Improving Flexibility and Muscle tone  
Improving the overall wellbeing

Removing the Toxins from the Body  
Relaxing the Mind  
Developing Concentration  
Vasudeva Kriya

**Where: 36 - 42 Mackie Road, Mulgrave, Vic 3170**

**Time: 7:30 to 9:00 AM on Saturdays**

**Dates: 28 April – 30 June 2012**

**Cost: \$60 per term**

### Contacts:

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**YouTube/facebook: Vasudeva Kriya Yoga**