



# Yoga for Health-Body, Mind & Spirit



**The course aims to provide the student with a deeper knowledge of Yoga and its principles and the ability to practice Yoga in the right way. The weekly session covers the theoretical and practical aspects of Yoga Asanas, Pranayama and Meditation.**

## **31 Batch @ Rowville**

*Timing 7:30-9:30AM*

*Sundays*

*3 Feb -24 March 2013*

*Cost: \$70*

**Karoo Primary School Basket  
Ball Court, Karoo Road,  
Rowville Melway 73 E9**

## **17 Batch @ Mulgrave**

*Timing 7:30-9:00AM*

*Saturdays*

*2 Feb -23 March 2013*

*Cost :\$65*

**Mulgrave Neighbourhood  
Hall 36 - 42 Mackie Road,  
Mulgrave Melway 80 C3**

## **15 Batch @ Camberwell**

*Timing 7:30-9:00AM*

*Saturdays*

*2 Feb -23 March 2013*

*Cost :\$65*

**Shirdi Sai Sansthan  
32 Halley Av, Camberwell  
Melway 60 B5**

## **15 Batch @ Doncaster**

*Timing 7:30-9:00AM*

*Saturdays*

*2 Feb -23 March 2013*

*Cost :\$65*

**Bulleen & Templestowe Senior Citizens  
Centre, Corner of Manningham  
Road & Balmoral Avenue, Lower  
Templestowe 3107 Melway 33 A9**

## **3 Batch @ Wheelers Hill**

*Timing 7:30-9:00AM*

*Saturdays*

*2 Feb -23 March 2013*

*Cost :\$65*

**Waverley Meadows Primary  
School, Columbia Drive,  
Wheelers Hill Melway 80 G1**

## **2 Batch @ Carrum Downs**

*Timing 11:00-12:30AM*

*Saturdays*

*2 Feb -23 March 2013*

*Cost :\$65*

**Hindu Society of Victoria, 52  
Boundary Road, Carrum Downs  
Melway: 98 F10**

**Children under 12 Free with accompanying parents  
Please register to confirm your participation**

## **Contacts:**

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