

Yoga for Wellbeing

experience the stillness within

- ✓ Reduce stress
- ✓ Improve posture
- ✓ Experience relaxation
- ✓ Improve Sleep
- ✓ Easy to follow classes
- ✓ Time to breathe
- ✓ Space to unwind
- ✓ Rest
- ✓ Recovery
- ✓ Body Mind Wellbeing

YOGA FOR WELLBEING

Monday | Narrabundah | 5.45pm
Jerrabomberra Avenue, St Benedicts Parish

Tuesday | Kambah | 6pm & 7.40pm
Kambah Pool Road, Lions Youth Haven

Discover and experience how to improve posture and flexibility, feel calm, refreshed, relaxed and de-stress.

YOGA and deeper Meditation

Monday | Narrabundah | 7.30pm
Jerrabomberra Avenue, St Benedicts Parish

Explore the deeper aspects of yoga with postures, breathing, and meditation to manage emotions and gain mental clarity.

INVESTMENT 145 PP

Westpac | Acc Name: Renate Cusch
BSB: 732 729 | Account Number: 561 842
Your name in description is Essential!

"Yoga helps me unravel accumulated muscle tightness and mental activity from a busy day and return to a relaxed state."

Michelle, Owner of Complete Health and Vitality Solutions



Audio CDs, tracks for you to easy follow

Energise & Awaken CD is a variety of posture sequences to follow for the morning or at the end of the day.

Relax & Unwind CD is the ultimate relaxation with 3 tracks.

"I find the tranquil atmosphere and non-competitive nature of yoga very appealing. The late afternoon/early evening timing of my class provides a serene interlude as the day draws to a close." Anne, retired teacher



Term 2

9 Weeks | 90 min class

26 April - 29 June 2010



Questions & to find out more...

6296 1179 | info@yogawellbeing.com.au

www.yogawellbeing.com.au

About the Yoga Instructor- Renate Archana

I have been practicing yoga for 15 years, and teaching for 10 years. Due to lower back problems and high stress in my early 20's I went to a yoga class and it changed my life.

I am no longer the stressed out person I was. I am fitter, my back is stronger and I have learnt how to deal with pressure and stress. I am constantly amazed at how beneficial the practices are, even the really simple ones.

I enjoy teaching these techniques because they help you de-stress and feel better on all levels.

An Accredited Satyananda Yoga Level 2 Instructor. Successfully completing a Diploma of Satyananda Yoga. Director of Yoga and Wellbeing for Life.

