

Yoga for Health



Body, Mind & Spirit

The course provides in-depth knowledge of Yoga and its Principles while instilling correct practicing technique in the student. The weekly sessions cover theoretical and practical aspects of Yoga Asanas, Pranayama and Meditation.

Batch ID	(2016) Term1 Dates/DOW/Time	Term Fee	Address
Batch 43 - Rowville	31st Jan - 27th Mar Sundays (7:30-9:30AM)	\$80	Karoo Primary School Basket Ball Court, 160 Karoo Rd, Rowville, MELREF 73 E9
Batch 29 - Mulgrave	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Mulgrave Neighbourhood Hall, 36 - 42 Mackie Rd, Mulgrave, MELREF 80 C3
Batch 27 - Camberwell	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Shirdi Sai Sansthan, 32 Halley Av, Camberwell, MELREF 60 B5
Batch 27 - Doncaster	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Bulleen & Templestowe Senior Citizens Hall, 293 Manningham Rd, Lower Templestowe, MELREF 33 A9
Batch 15 - Wheelers Hill	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Waverley Meadows Primary School, 11- 27 Columbia Dr, Wheelers Hill, MELREF 80 G1
Batch 14 - Carrum Downs	30th Jan - 26th Mar Saturdays (11:00AM-12:30PM)	\$75	Hindu Society of Victoria, 52 Boundary Rd, Carrum Downs, MELREF 98 F1
Batch 11 - Mulgrave (Youths)	31st Jan - 27th Mar Sundays (6:00-7:30PM)	\$75	Mulgrave Neighbourhood Hall, 36 - 42 Mackie Rd, Mulgrave, MELREF 80 C3
Batch 6 - Clarinda/Clayton South	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Clarinda Presbyterian Church Hall, 9 Eulinga Rd, Clarinda, MELREF 78 J3
Batch 3 - Hampton Park	30th Jan - 26th Mar Saturdays (7:30-9:00AM)	\$75	Coral Park Primary School basket ball court, 145 Coral Dr, Hampton Park, MELREF 96 H11
Batch 3 - Aspendale Gardens	03rd Feb - 30th Mar Wednesdays (7:00-8:00PM)	\$50	11 Winners Circle, Aspendale Gardens, MELREF 92 A3
Annual Membership with Unlimited Classes \$320			

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

Contact:

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