



Ashtanga Yoga Beginners' Course

- ***boost energy***
- ***gain strength***
- ***tone your body***
- ***reduce stress***



All Welcome - especially the very stiff!

Wednesdays 24th August to 21st September
7.15pm – 8.30pm
with Rod Watson

Rod has practiced Yoga and Buddhist meditation for over 30 years, and taught for the last 17 years Iyengar Yoga, Hatha Yoga, and Ashtanga Yoga.

Course cost: \$50 (5 weeks)
Contact us to book your place

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