



Meditative Yoga

classes with Deb Robertson

Unwind from your day and enjoy the opportunity to strengthen and stretch your body, calm your mind and experience the gift of breath.

This class works holistically to reduce the accumulation of physical, mental and emotional stress and promote wellbeing. Students experience improved work/life balance, feel calmer and sleep better.

Tuesdays 7.30pm - 8.45pm

at Williamstown Yoga and Meditation, 109 Douglas Parade

Casual classes \$22 : 10-class pass \$190

Beginners and experienced students welcome

For more information contact Deb on 0448 978 818
or email debyoga@bigpond.net.au

www.yogadanam.com.au

Don't miss our Special Summer Offer

Buy one Meditative Yoga class and
bring a friend for FREE

Offer strictly valid until 30 Apr 2015. One free class per person.