

Yoga Me All Over



Reach forward and take hold of the summer months with this 30 day cleansing and toning programme

Starts Thursday 5th February 2009

Morning and Evening Classes for ultimate results for your body and mind

You Receive:

5 Classes per week

Easy recipes and workbook

Protein Drinks after morning classes (our own recipe)

1 meditation class per week (optional)

Discounted 1 hour massage (optional)

A friendly warm environment

1 Sunday evening of tasty treats held on 8th February from 6.15 to 7.30pm

Taste and learn about healthy food.

Investment \$180

\$80 Deposit required before the commencement of the course

Give us 30 Days
to turn your life
upside down
for the betterment of
health and vital strength



If your serious about a healthy lifestyle change, we will be with you all the way.

Train your mind to become more focused, gaining greater awareness and purpose for your practice of yoga.

In addition to the above, this investment entitles you to a half priced monthly membership on the condition you finish the whole 30 day program.

Love the way you move. Feel great in what you do.