

# YOGA

In the Iyengar Tradition  
At Towradgi Surf Life Saving Club



Beginners 8 week course.  
Tuesdays 6.00pm-7.10pm  
6/01/2009-24/02/2009.  
\$100.00

Level 1 8 week course.  
Tuesdays 7.15pm-8.45pm  
6/01/2009-24/02/2009.  
\$105.00

Pre Natal Yoga 9 week course.  
Tuesdays 6.00pm-7.10pm  
3/03/2009-28/04/2009.  
\$110.00

Beginners/General Class  
Wednesdays 10.00am-11.30am  
Casual Class \$15.00 per class  
or 10 classes \$130.00

Mats, props and equipment supplied

Call Jan Baxter



Certified Iyengar Yoga Teacher

M.0404 861 660

Email: [janbaxter@bigpond.com](mailto:janbaxter@bigpond.com)