



SYMPHISIS YOGA

with
Julia Symington

What's on...

in January

5 Mornings of Yoga: *Animal Inspirations*

Yoga postures and sequences inspired by the strength, grace and fluidity of animal movements.

This program runs for two weeks with two times offered. The second week builds on the foundation established in the first week.

Week 1

Monday January 10 to Friday January 14

6.30-8.00am (General to Advanced)

10.00-11.30am (Beginners to General)

Week 2

Monday January 17 to Friday January 21

6.30-8.00am (General to Advanced)

10.00-11.30am (Beginners to General)

Cost \$125 per week. Bookings essential.

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visit symphisisyoga.com.au

*Creative and flowing yoga
to appreciate the beauty
of movement.*