



SYMPHISIS YOGA

with
Julia Symington

What's on...

in January

5 Mornings of Yoga: *Warrior Inspirations*

Yoga postures and sequences drawing on the strength and skills of Ancient Warriors and adapting them for our modern lives.

Week 1

Monday January 9 to Friday January 13

6.30-8.00am (General to Advanced)

10.00-11.30am (Beginners to General)

Full timetable of classes resumes

Monday January 16

Cost \$125 per week. Bookings essential.

info@symphisisyoga.com.au or 0419 305 762



15/1140 Nepean Highway, Mornington 3931
Phone 5976 4675 or 0419 305 762
info@symphisisyoga.com.au
visit symphisisyoga.com.au

*Acceptance through growth.
The practice of yoga incorporating the spiritual values
of equality, non-judgement, honesty, and sharing.*