

# YOGA

## Level 1

### 8 week Course

*calm, conscious, creative*

Nurture & develop your Yoga practise & feel the beneficial effects flourish throughout your whole being & extend out into your world.

Includes physical poses, breathing techniques & meditation.

#### **Cost:**

8 week pass- \$110.00

8 week conc- \$95.00

4 week pass- \$60.00

4 week conc- \$52.00

#### **Payment method:**

Direct deposit into GNLC bank account  
or card payment at GNLC

#### **Where:**

Glenroy Neighbourhood Learning Centre  
5b Cromwell Street, Glenroy

#### **When:**

Commencing Saturday 24<sup>th</sup> April  
9.45-10.45am

#### **To register:**

Phone-9304-3910

Email-[nhcoordinator@glenlink.vic.edu.au](mailto:nhcoordinator@glenlink.vic.edu.au)

Visit our web page [www.glenroynlc.org.au](http://www.glenroynlc.org.au)

Leave us a message on our Face Book page

#### **Teacher:**

Stephanie Bradford is a 350hr certified Yoga teacher registered with Yoga Australia