



Premier
Yoga Centre



Autumn 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Saturday</i>
	9:30am Hatha Yoga Danielle	9:30am Hatha Yoga Sharon	9:30am Yoga Fusion Danielle (1hr)	9:30am Prenatal Yoga Ingrid
			6:00pm Hatha Yoga Vicki	
7:30pm Power Yoga Janine	7:30pm Hatha Yoga Bianca	7:30pm Power Yoga Janine		

Our classes are versatile and can be tailored so that anyone can attend. We encourage everyone to practice at their own pace and to feel empowered to ask the teacher for assistance. We encourage a sense of community and an atmosphere free of competition. All of our teachers are industry qualified and dedicated to providing the very best in yoga and pilates.

Our Classes

Hatha Yoga

An ideal class to aid in the development of flexibility and strength. Hatha Yoga incorporates the physical and the emotional alongside the spiritual, creating a perfect tool to de-stress and motivate. Hatha Yoga is a great way to calm the body and mind and to feel revitalised.

Power Yoga

The perfect balance of strength and flexibility. A flowing class suited to beginners and intermediate students which builds upper body and core strength. Power Yoga takes a modern approach to an ancient practice, incorporating the latest in sports science with the wisdom and philosophy of traditional Yoga. A great blend of strength and peace, perfect to get out of the business of daily life.

Prenatal Yoga

Empower your pregnancy with breath work and stretching. Soothe aching muscles, maintain flexibility and prepare your body for labour. Suitable for second and third trimester, contact your health care professional prior to commencing.

Yoga Fusion

A combination of the flow and breath awareness of yoga with the strong focus on core strengthening of Pilates. An excellent class to tone the muscles of the belly whilst relaxing the rest of the body.

Casual Class - \$15

10 Classes - \$140

3 Months Unlimited Classes - \$260

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