

## ” BENEFITS

- Stay healthy, build strength, resilience, and purpose
- Reduce stress and learn to relax
- Make yoga part of your routine, stay positive and enjoy life

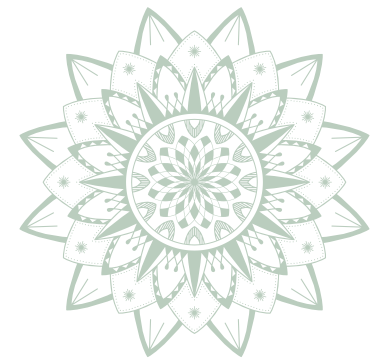
## ” JOIN NOW

- Classes include stretching, breath awareness, yoga practice and relaxation
- Suitable for women and men, beginners as well as mature and older students



# Ascot Vale Yoga

**Ascot Vale Primary  
School  
Bank Street**



## Enquiries:

Mobile: 0417382740

Email: [community.yoga@bigpond.com](mailto:community.yoga@bigpond.com)

Casual \$10 per class or \$100 per term

Qualified yoga teacher, registered with Yoga Australia



Weekly Class during  
School Term.

**Monday Nights  
7.00 - 8.15 pm**