

All Classes held by Toby Wallace (Masters in Yoga, Varanasi, India).

All Classes Drop-In. All classes suit any Level. The Main Focus is the Art of Relaxation.

Please wear loose clothing. Try not to eat before class. Mats and Blankets provided.

Prices: \$15/\$13 Conc. 5-Session Card \$65/\$55. Childrens Class \$10: 5-Session Card \$40 Month of Madness (1 Month of Classes) \$175. Depression Workshops \$20 (Call for Info)

Health Counselling \$50PH. Yoga Personal Training \$50PH. Life Coaching \$50 PH.

Energy Block Massage 1HR - \$50. Shiatsu Massage 1.5Hrs - \$80. Gift Vouchers Available

Sunday 5Hr Session - \$26/\$22. Other Workshops are held each Month (see website).

Yoga and Health Books, CDs, DVDs, Yoga Mats. Kids 'YOGA BEAR!' DVDs and CDs also

MON	TUES	WED	THUR	FRI	SAT	SUN
			6.30 - 8.00 AM Breath Training			
			9.30 - 11.00 AM Any Level	9.30 - 11.00 AM Any Level	8.30 - 10.00 AM Beginner Class	10.00AM - 12.00 Any Level
					10.30AM - 12.00 Beginner Class	
	6.15 - 7.15 PM Meditation Class SS		4.30 - 6.00 PM Any Level	4.30 - 5.30 PM Kids 8 - 12yrs		* Every 1 st Sunday of the Month:
6.30 - 8.00 PM Any Level	7.30 - 9.00 PM Beginner Class	6.30 - 8.00 PM Any Level	7.00 - 8.30 PM Beginner Class			5 HR SESSION 10.00 - 3.00PM

See www.YOGABEAR.COM.AU for Fun Kids Yoga