

STUDIO P&Q

pilates • yoga • meditation

Yoga

Iyengar Yoga is the most practiced yoga throughout the world today. The practice is physically strengthening and mentally engaging. The Iyengar Yoga practice enhances balance, creates clarity and teaches awareness and serenity of mind. The Iyengar method will empower each individual to follow a path toward naturally good health.

Jo Tasic

Jo has been practicing yoga for 12 years and teaching for 8 years. Jo is a classically trained yoga teacher studying under senior Iyengar teacher Peter Scott and more recently Dr. Geeta S Iyengar, B.K.S. Iyengar's daughter. Jo is furthering her training in the Iyengar method, continuing towards her next level of certification.

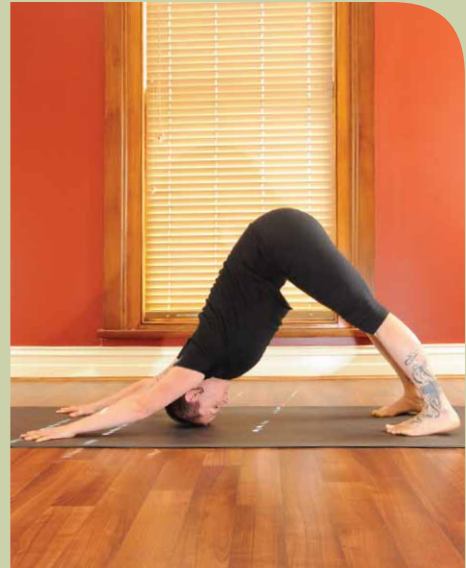
Classes

Introduction Class: For those with little or no yoga experience. Caters for all ages and levels of fitness. Introduces students to the shape, feeling, movement, names, styles and rhythms of practice.

Studio P&Q is pleased to announce yoga classes will commence for Term 1 on Wednesday 3 February – 6.00pm for Beginners, 7.30pm for Level 1. Classes will align with school terms in blocks of 8-10 weeks encouraging consistency and discipline.

Term 1 2010

Wednesday 3 February to 24 March 2010 – Beginners: 6.00pm to 7.15pm
Level 1: 7.30pm to 8.45pm



Yoga Prices	Price	UFS Members
Term 1 (8 classes)	\$128.00	\$115.20

Places are limited, so enquire for more information today.

Studio P&Q, Peace & Quiet Wellbeing Centre
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(03) 5332 1694 www.peaceandquiet.biz