

Yoga Intensive

with Susanne Calman

release

restore

reflect



Day 1

surrender the effort that 2009 has taken
cast yourself adrift from daily stress
release the experiences from your heart

Day 2

restore your energy

Day 3

Infused with vitality, clarity & an inspired heart
reflect on your hopes & dreams
sow the seeds of your intentions for 2010

asana, pranayama, chanting, meditation, reiki, relaxation

Tuesday 29th, Wednesday 30th & Thursday 31st December
6.30am-8.15am

\$69.00 for intensive or \$26.00 per class (casual)
\$20 non refundable deposit required at the time of booking
Bookings Essential

2010 the year to welcome true spiritual magic into your life

Enquiries - Susanne 93973015 or susanne@williamstownyoga.com.au

Williamstown Yoga Centre
109 Douglas Parade
www.williamstownyoga.com.au

Yoga Intensive

with Susanne

Release... Restore...Reflect...



Day 1

surrender the effort from your body
release the experiences from your heart
cast yourself adrift from daily stress

Day 2

restore your energy
secure your foundations
be present to the moment

Day 3

infused with vitality, clarity & an inspired heart
reflect on your hopes & dreams
sow the seeds of your intention for the year ahead

asana, pranayama, chanting, meditation, reiki, relaxation

Wednesday 16th, Thursday 17th, Friday 18th January,
7 - 8.30am

\$60.00 or \$22.00 per class (casual)

2008 the year that welcomes true spiritual magic into your life...

Bookings/Enquiries - Susanne 93973015 / 0419548645 susanne@williamstownyoga.com.au



Williamstown Yoga Centre
109 Douglas Parade
www.williamstownyoga.com.au