



Combination of Hatha & Ashtanga Yoga

Qualified certification in Yoga Vidya Gurukul - India.

Where: Pyrmont Community Centre
(Corner of Mount and John Street)

When: Wednesdays 6:15pm - 7:15pm and 7:30 - 8:30pm

10 week yoga courses: \$135

Casual students \$16

To book or check availability for courses
call 0438 277 385 or email vadamou@gmail.com

BYO yoga mat – mats and yoga mat bags also available for purchase.