

FREE INTRODUCTORY YOGA CLASS

Where: Dousta Galla Yoga Studio

When: Saturday January 30th, 1–2pm

Come along to our free class. Experience yoga for the first time or as a re-introduction to practice. All the teachers are dedicated to the practice, study and teaching of Iyengar Yoga. There are classes for the beginner to the experienced.

Doutta Galla established since 1992.

Enquiries welcome on 93752721 or email contact_us@dgyoga.com

www.dgyoga.com

1A Warrick Street Ascot Vale VIC 3032.

Tram stop 29 Mount Alexander Road, route 59.



DOUTTA GALLA
YOGA STUDIO



Free introductory class
Saturday, January 30th
from 1–2pm.

COURSE START DATES 2010

- TERM 1** 9 weeks from Monday 1 February
TERM 2 11 weeks from Monday 12 April
TERM 3 10 weeks from Monday 12 July
TERM 4 11 weeks from Monday 4 October

Closed on the following public holidays.
Australia Day, Queen's Birthday and Cup Day.

COURSES

- BC Beginners Courses 1.5 hours
 L1C Level 1 Course 1.5 hours
 L2C Level 2 Course 1.5 hours

CASUAL CLASSES

Casual classes 1.5 hours and start Friday prior to course dates

- B Beginners L3 Level 3 (2 hours)
 L1 Level 1 LP Led Practice
 L2 Level 2 P Pranayama
 L1/2 Level 1 and 2 PN Pre-natal

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6.30am			L2	P	L1	LP	
8.00am							L3
10.00am	L1/2		L1/2			L1	
10.30am							L1/2
2.00pm							PN
6.30pm		L1	L2	L2C	BC		
8.15pm		BC	L1C	BC	L1C		