

# VINYASA YOGA WORKSHOP

Learn a dynamic sequence of asanas to practice at home



**When:** Saturday 13th and Sunday 21st March, 2010

**Time:** 9.00am – 12.00pm

**Where:** 48 Long Ryans Road, Benloch (See google maps)

**Cost:** \$50.00pp (Includes morning tea)

**Extras:** A beautiful booklet with colour photos of the dynamic sequence to take home for only \$20.00

**Attend both retreats and get the booklet FREE!**



**Bookings/Enquiries**

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