



Break Free NLP and Yoga

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YOGA CLASSES

Would you like a weekly session of yoga at work?

A one hour class of Hatha yoga would include asanas (postures), pranayama (breathing), relaxation and meditation. Yoga is a great way to improve the functioning of your body and mind and to beat stress!

Levels catered for: Beginner to Intermediate. *Complete beginners are welcome!*

Your workplace will need:

- * a large space (eg. meeting or lunch room)
- * a minimum of 8 people
- * parking for the instructor (she brings yoga mats)

The benefits of yoga: these include –

- greater flexibility
- better muscle tone
- improved posture
- prevention of injuries
- improved capacity to handle stress
- anti-ageing effects
- * greater strength
- * a calmer mind
- * more energy
- * better sleep

(Note: the benefits of yoga will vary from person to person depending on a number of factors).

A 10-week yoga course is offered. Courses are best, as they encourage participants to be regular in their practice.

Payment Options: (1) Company pays: \$132 per class (ie. total of \$1,320 incl. GST)
OR (2) Individual staff members pay: 8 people = \$17 each per class; 9 people = \$15 each; 10 people = \$13 each; 11 people = \$12 each; 12 people = \$11 each. [Costs become cheaper for 13 or more participants].

If option 2 is chosen, participants must pay for the entire 10-week course before week 1. Cash or credit cards are accepted.

Call Toni Payne on 0407 495 206 to organise your class.
www.breakfreenlpandyoga.com.au