



hatha yoga

*...an ancient tradition
of body work to lift
your spirit and restore
a sense of wellbeing...*

~ river ~

YOGA

night classes

Mondays 5.30 - 6.45

Tuesdays 6.00 - 7.30

day classes

Tuesdays 9.30 - 11.00

Fridays 9.30 - 11.00

where

Maylands Yacht Club
East Street (River End)
MAYLANDS

contact ann

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www.riveryoga.com.au

~ river ~
YOGA

about the classes

A typical Hatha Yoga session is a composition of warming stretches, the asanas (poses), breath work and a guided relaxation. Working within this frame there is room for much variation and no two sessions are the same. Ann's take on Hatha Yoga is a free flowing form where each pose leads into the next, creating the dance of Yoga... Beginners as well as the more experienced are welcome.

why do yoga?

There are many wonderful reasons. Here are a few... Yoga works with balance, strength, flexibility and calm centering. It gets You in tune with Yourself on multiple levels.

On the physical level it loosens your muscles and joints, improves your balance and strengthens you. A well composed Yoga session will work every muscle and joint of your body. Yoga also has a healing effect on many health issues such as heart problems, hormone imbalances, fluid retention, asthma, arthritis and many, many others.

On a mental level Yoga draws your mental activity into your body, giving you "body awareness" and a rest to the busy mind. This helps with being "present" to give attention to what is important to You.

On an emotional level, the poses, and in particular the breath work, are immensely calming. This offers a sense of being at peace with yourself and gives space for joy to emerge...

about the teacher

Ann is a qualified Hatha Yoga (FinY) teacher with many years of teaching experience and a longrunning background in meditation. She is currently teaching at Maylands Yacht Club as well as at 'Academy Equestrian' in the Swan Valley where she runs her specialised 'Yoga for Riders' classes.

She also conducts Yoga classes for high school students during their testing exam times. She is open to being approached with individual concerns and offers private sessions for those who so desire.