



Samata Yoga Classes

Port Melbourne – Elwood Beach Dates for 2009



Yoga Postures/Asanas, Breathing Techniques, Relaxation and Meditation.

Amanda Carlton is a qualified Samata Yoga Teacher

Gentle exercises will de-stress, strengthen and increase your flexibility providing a greater sense of wellbeing.

Experience total balance and harmony within your entire being; connect with your body, mind and soul, and begin to take control of your life and your destiny. Yoga asana postures will help strengthen and correct the body structure, stretch muscles, massage internal organs, creating a positive foundation for a healthy body. Programs are suitable for all fitness levels.

Port Melbourne Community Room

Time: 9:30am – 10:30am **Wednesday Mornings**

Venue: Port Melbourne Community Room

First Floor Liardet St. Port Melbourne, Melways Ref: 57C3 2J E5

Term Four Oct, 7,14,12,28 Nov, 4,11,18,25 Dec, 2, 9, 16 (dates coincide with school terms)

Elwood Beach Community Centre

Time: 7:00pm – 8:00pm **Thursday Evenings**

Venue: Studio One Elwood Beach Community Centre

63a Ormond Esplanade Elwood. Melways Ref: 67/C4

The Centre is located behind the Beach House Café, enter through children's' playground.

Term Four: Oct, 8,15,22,29 Nov, 5,12,19,26 Dec, 3, 10, 17 (dates coincide with school terms)

Cost: 10wks \$140:00 5wks \$75:00 Casual Class \$18:00 Concession 10%

Small class size so bookings are essential.

Class Requirements: Wear loose clothing, including socks. Bring a blanket or shawl and a cushion. Don't eat a large meal within 1 hour before class & don't drink other than a few sips.

For information: Please call me on **M: 0403 229 521**, I look forward to supporting you in achieving a greater sense of wellbeing.

Regards, Amanda

Amanda Carlton

Wellbeing Consultant

P.S. 2010 Classes start back in February (dates coincide with school terms)

