



Welcome to Youthful Ageing Yoga Classes

Youthful Ageing Yoga has been on the Gold Coast for twelve years. The class is designed to bring YOGA to modern busy people. The benefits are many including toning and strengthening the body increasing flexibility, helping relieve stress and tension from the body, teaching the mind and body a new wellbeing.

The benefits of **Youthful Ageing Yoga** will become apparent as you incorporate a regular YOGA routine into your weekly life. The YOGA taught is "**CLASSICAL HATHA YOGA**". A discipline dating back hundreds of years.

- Once you develop your YOGA habit you will see the benefits in your own life.
- Studies show that the good effect you get from a YOGA practice can last as long as two days.
- The long term benefits last a life time.

In this fast paced world, **Youthful Ageing Yoga** is designed to be like an oasis of peaceful time, helping you to balance and re-energize.

*" There is so much to do
and so much
to think about,
it is important to relax,
to be still and
allow your self
to be peaceful "*



Give your YOGA practice priority in your life.
You will always be glad you did.



Youthful Ageing Yoga Class Timetable

Currumbin / Elanora Community Centre - Galleon Way, Elanora

MONDAY	8.45am and 6.30pm
WEDNESDAY	6.00pm
FRIDAY	9.00am
MONTHLY	Every 3rd Wednesday 7.30pm to 8.30pm Further Teaching & Meditation
HOW MUCH	\$12.00*

Teacher: Rosemary Hart (Naturopath Member: ATMS) (Member of the YTAA)

WHAT TO WEAR Loose stretchy comfortable clothing, preferably cotton – whatever you feel comfortable in. No shoes or socks.

WHAT TO BRING Class provides spare mats for you to use until you decide which mat you would like to purchase for yourself.

It is important to be comfortable on your own mat.

Bring some water to drink.



Beginners Welcome