

Yoga with Savita

- Asana (physical postures)
- Pranayama (breathing techniques)
- Satyananda Yoga Nidra® (relaxation)
- Meditation
- Mantra chanting

Venue: Savita's Yoga Studio
30 Jerrabomberra Parkway, Jerrabomberra

Time: Thursday (6:15pm – 7:45pm)
Saturday (9:00am – 10:30am)

Level of class: Progressive

Dates: Thursday April 29 – June 17, 2021
Saturday April 24 – June 12, 2021

Cost: \$230 for 8 weeks of classes



SATYANANDA YOGA
Affiliate SYAA 08799

Enquiries/Enrol: (Sannyasi) Savita Saraswati

Teaching yoga in the

SATYANANDA YOGA® tradition

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YOGA
AUSTRALIA

Registered
Level 2 Teacher