

Yoga with Savita

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

Venue: Mary MacKillop House and Conference Centre
50 Archibald Street, Lyneham, Canberra

Time: Tuesdays (10:15am – 11:45am)

Level of class: General/Seniors

Dates: April 20 – June 15, 2021

Cost: \$235 for 9 weeks



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