

# The Yoga Centre

129 Mulgrave Road

## 3-Day Intensive

Find the magic in exploring  
the Ashtanga Vinyasa Yoga Primary Series with Katrina

**Monday  
to Wednesday**

**5th – 7th July 2010**

**6:00am – 8:00am**

**Cost: \$60.00**



*Emphasis on twists, hips, backbends and inversions*

- Ashtanga Yoga
- Linking postures with Ujjayi breathing
- Activating internal locks to strengthen the nervous system

*Must have yoga experience to attend*

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