



# The Yoga Centre

129 Mulgrave Road (next to Showgrounds)

## 3-Day Early Morning Intensive

Monday 3 December to Wednesday 5 December 2018

6:00am – 8:00am

### *The Hip Joints and Pelvic Girdle*

Having freedom in the hips and pelvis allows freedom of movement of our legs and spine.

Twists, Leg stretches, Standing poses and Inversions.

Open to all practicing students from keen beginners to experienced.

*Get those hips swinging.*



#### Details for Direct Deposit:

Jan Watson

Bendigo Bank

BSB: 633 000

Account: 138 596 481

Bookings to Jan Watson

**Cost : \$65.00**

Contact: Jan Watson 0438 565 423

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