



## Milton Yoga Studio

Studio 1/ 47 Castlemaine St Milton, Brisbane

[www.miltonyogastudio.com.au](http://www.miltonyogastudio.com.au)

[yoga@miltonyogastudio.com.au](mailto:yoga@miltonyogastudio.com.au)

(07) 3369 7404, SMS bookings to 0410 570 441

### Regular Yoga Classes

Choose the day and time that suits you from our popular yoga group classes:

**Tuesdays 6 pm Yoga class**

**7.30 pm Yoga**

**Thursdays 7.30 pm Yoga**

Our style of yoga is *Hatha Yoga*, and you are welcome to use our mats.

YES! You can attend classes on a *casual* basis. Classes cost \$17.50 and you can pay as you attend at the Studio—you don't have to commit for a course or a term. Just book in whenever you want

Or, you can buy the card of ten online or at the Studio using eftpos, cheque or cash.

Class cards are valid for 16\* weeks and you can put it on hold if you go away for 2 weeks or more and tell us before..

**3369 7404, SMS 0410 570 441**

If you are a morning person, or looking for a flexibility and fitness *program* using *yoga*, become part of the Yoga BootCamp 6 am groups.

Yoga BootCamps run 4 mornings a week over a three week period. You sign-on for the whole program, but you can attend 5, or all 12 sessions. Numbers are limited as spots sell out fast. The same group attends over the three weeks heading towards individual and group goals.

Places open now for 17 May start.



***ALSO: Want to learn more about yoga—or eventually become a yoga teacher?***  
*Susan Wanmer is passionate about bringing yoga to all bodies at all stages, bridging mainstream people into yoga. Join her training program any month. She needs all ages, all bodies to teach others good quality yoga. Next weekend module is 8-9 May*  
***“Yoga as Medicine” Enquire now 3369 7404.***