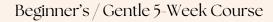


IYENGAR TIME TABLE

TERM 4 2024



TBA

A slower-paced class providing accessible ways to practice yoga utilising proven tools and techniques for greater stability and mobility.

Level 1 Course

8 Week Program

October 18 to December 6

7 am to 8:30 am

\$230 per 8-week course

The Foundery - 132 Wentworth St, Port Kembla

Let go of the hustle and bustle to finish your week on a positive note, with Yoga.

Each week, a different focus, yet always to bring you into a state of poise and balance.

Numbers limited. Book early to avoid disappointment.

DM Anastasia for details.

Payments are non-refundable and non-transferable to another student or term.

Namaste, Anastasia



Beginner's 8-Week Yoga Course

October 26 to December 14

10 am-11 am

The Foundery

\$215 for the 8-week course

A classic approach to learning the keystones of Yoga in the lyengar tradition, which is authentic, enduring, and endlessly adaptable to your requirements.

Mentoring Package

Guidance for your Yoga journey to wholeness.

A personal and premium level of support to boost your yoga skills, knowledge, and confidence.

Book a Discovery session with Anastasia to find out more!

Visit balancepointyoga.com to learn more about Balance Point Yoga.





