



# IYENGAR TIME TABLE

TERM 4 2024



## Beginner's / Gentle 5-Week Course

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 Foundry - 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 Foundry

\$215 for the 8-week course

A classic approach to learning the keystones of Yoga in the Iyengar 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](https://balancepointyoga.com) to learn more about Balance Point Yoga.