



Clota Cottage Neighbourhood House
31 Clota Avenue, Box Hill
Tel: 9899 0062
Email: admin@clotacottage.org.au

Health and
Wellbeing

YOGA

Traditional Hatha Yoga

Wednesday

9:30 am

Learn to integrate the foundations of yoga, including Asana (postural alignment), Pranayama (breathing techniques) and how to be more present to your mind, body and spirit. You will build strength and balance by creating a solid foundation rooted in good alignment, body awareness, breath and mind.

Following the traditional Yogic blueprint, every class ends with guided meditation (Dhyaan) or Yog Nidra (deep relaxation).

Ageless Yoga

Wednesday

11:00 am

Suitable for people over 50. Find the inner core strength and body balance with traditional yoga asanas (poses) to strengthen the key body muscles during the second half years of your life. Followed by ancient pranayama (breathing techniques) to improve immunity and longevity.

Every session will leave you feeling relaxed, renewed and rejuvenated after the unique technique of deep relaxation - Yog Nidra.



Term 1 2021

Wednesdays

9:30 am Traditional Hatha Yoga
11:00 am Active Living Yoga, for over 50's

Bring: Non-slip yoga mat, light blanket,
Water bottle

Cost: \$12:00 (per casual session)
\$80:00 (8 weeks)

Concession discount available
Admin: \$5:00 annual membership fee

Bookings required