

Tara Yoga

Term 3 2019

Mon 22nd July - Fri 27th Sept

All levels welcome

General Hatha Yoga

Monday 5-6.30pm

Tuesday 10-11.30am & 5-6.30pm

Wednesday 7-8.30pm

Thursday 9-10.30am & 5-6.30pm

Ashtanga Vinyasa Yoga

Thurs 6-7.30am

Yin Yoga

Tuesday 7-8.30pm

Restorative Yin Friday 10-11:30am

Gentle Yoga

Monday 10-11:30am

Mens Yoga

Wed 8.30-9.30am

1.5 hour class - 10 Week Term \$160 / Casual Class \$18

1 hour Class - 10 week term \$110 / Casual Class \$13

Membership & Concessions Apply



HOSPICE OF MOTHER TARA

18 Clifton St, BUNBURY

(08) 9791 9798

e: welcome@hmt.org.au web: www.hmt.org.au

f: [tarayogabunbury](https://www.facebook.com/tarayogabunbury)



YOGA WORKSHOPS



An evening of
**YANG TO YIN
YOGA**

Friday 2 August
5.30pm-7.30pm
with Gyani

Move into Stillness to find Inner Balance

Join Gyani on a two hour journey inwards using dynamic hatha flow 'yang' yoga practice before moving into the stillness of passive 'yin' yoga and meditation practice. The evening will finish with a deeply relaxing Yoga Nidra. Balancing these two energies 'yang' and 'yin' will leave you feeling more grounded, connected and in harmony.

LCCA (C) Hospice of Mother Tara, 18 Clifton Street, Bunbury
INVESTMENT: \$28 (concessions apply) not suitable for beginners, some experience required.
REGISTRATION: Booking is essential as places are limited. E: welcome@hmt.org.au or P: 9791 9798

YOU ARE INVITED TO A
HIGH TEA FUNDRAISER FOR
VEN GYALMO'S MONGOLIAN PROJECTS



SATURDAY 20th JULY FROM 2-4 PM
GLUTEN FREE & VEGAN SWEET & SAVOURY OPTIONS
\$25 PER HEAD BOOKINGS ESSENTIAL
A lovely chance to catch up with Gyalmo

Guided Meditation Session Times

Wed 10 am-11.15

Wed 5.45pm -6.30

Sun 9am-10am

Offered by donation

(suggested \$5)

Meditation has been practiced in eastern countries for thousands of years as part of a balanced approach to mental and physical well being. The ability of meditation to relieve stress and improve health has now been recognised by many scientists in the west. Meditation allows us to control the never-ending stream of thoughts running through our mind every minute of the day. This brings peace and calmness to our world and to those around us.