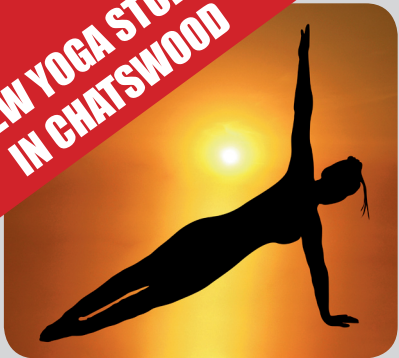


**NEW YOGA STUDIO  
IN CHATSWOOD**



**YOGA  
HOTSPOT**

## **ABOUT YOGA...**

Today, Yoga is a mainstream activity that is open to everyone. Yoga is perfect for people of all ages and fitness levels who are seeking to improve strength, flexibility and energy; lose weight - AND reduce stress.

We offer dynamic and active practices which will help you to grow to new levels of physical and mental power. The practices will help to realign and detoxify the body; develop a balance between strength and flexibility and improve cardiovascular fitness.

Each posture can be modified to suit all levels of fitness and flexibility.

For most classes we gently heat our room with relaxing, ultra modern FIR Radiant Heat (see our website for more details) which aids in joint and muscle movement as well as encouraging the sweating out of toxins from deep within the body.

Join us in our lovely new studio in the heart of Chatswood and enjoy the many benefits of yoga as this ancient practice becomes more and more popular in the modern world.

Bring a bottle of water, a towel and a yoga mat. Mats also can be purchased or hired

## **PREPARE TO FEEL GREAT!**

**SPECIAL INTRODUCTORY OFFER \$18 FOR 10 DAYS OF YOGA** *(Conditions Apply)*

Casual rate \$16 per class | Ten class pass \$140 - Concessions Available

# HOW TO FIND US

Level 1 385 Victoria Avenue, Chatswood.  
3 minutes walk from Chatswood Station  
and Bus Interchange  
100m from Chatswood Chase.  
Loads of car parking available nearby.



# TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Basic Flow 60 mins		Basic Flow 60 mins		Basic Flow 60 mins	
9.30am	Yoga Basics 60 mins			Yoga Basics 60 mins		
11.30am						Power Flow 75 mins
12.15pm	Basic Flow 60 mins		Basic Flow 60 mins	Basic Flow 60 mins	Basic Flow 60 mins	
4.00pm	Basic Flow 60 mins	Basic Flow 60 mins	Basic Flow 60 mins			
5.45pm	Power Flow 75 mins		Power Flow 75 mins			
6.30pm		Power Flow 75 mins		Power Flow 75 mins		

**See our website for class descriptions**

TIMETABLE IS CURRENT BUT MAY BE SUBJECT TO  
CHANGE - VISIT OUR WEBSITE OR CALL / EMAIL US.

**Booking recommended**

tel. 02 9884 8420  
mob. 0402 611 979

further information, bookings and enquiries at:  
[admin@yogahotspot.com.au](mailto:admin@yogahotspot.com.au) | [www.yogahotspot.com.au](http://www.yogahotspot.com.au)