



## **Beginners Yoga Course**

**Market Street, Johannesburg North**

**4 Saturday mornings**  
**18<sup>th</sup> and 25<sup>th</sup> October (8:30 – 10:00)**  
**and**  
**1<sup>st</sup> and 8<sup>th</sup> November (8:30 – 9:30)**

*Each movement in yoga demands that we hone some aspect of our consciousness and use ourselves in a new way. Don't think that you don't know enough about yoga or are not flexible enough or can't do a handstand. Just don't think! Come and focus your mind's attention completely in the body.*

This beginners course will take you through the basics, answer your questions and get you curious about what excites you about yourself. After the first two sessions we encourage you to try a mid week class to explore what you have learnt.

R395 (all inclusive)

Check our website for more details [www.kulayogospace.co.za](http://www.kulayogospace.co.za)

Or contact Rosalind 082 370 0939 