

3 PRIVATE SESSIONS  
YOGA &/or BREATHING THERAPY  
FOR \$270.00





“ No breath, no life.  
Know breath, know life.”

# Yoga Topia

A holistic health and wellness centre for all ages and stages  
Stretch, strengthen and nourish body, mind and breath

Parking and Studio Entrance - Level one  
cnr Thornley St and Victoria Rd Drummoyne  
(near Shell Garage and Birkenhead Point)

Level 1, 9/50 Victoria Rd, Drummoyne, NSW 2047 | [www.yogatopia.com.au](http://www.yogatopia.com.au) | E: [info@yogatopia.com.au](mailto:info@yogatopia.com.au) | M: 0403 153 353

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kundalini Yoga 9:45 - 11am		Hatha Yoga 9:45 - 11am	<i>Hatha Yoga</i> <b>6:15 - 7:15am</b> (6 week course)	Hatha Yoga 9:45 - 11am	Hatha Yoga 9 - 10:15am	Hatha Yoga 9 - 10:15am
				<i>Mums &amp; Bubs</i> (6 Week Course) 11:15 - 12:15pm	Yin Restorative Yoga 10:30 - 11:45am	<i>Kundalini &amp; Yin</i> <i>Monthly Workshops</i> 10:30 - 12:30am
			<i>Kundalini Yoga</i> <i>+ Kids Yoga</i> (School Term) 4:15 - 5:15pm			
Hatha Yoga 5:30 - 6:45pm	Hatha Yoga 6 - 7:15pm	Hatha Yoga 5:30 - 6:45pm	Yin Restorative Yoga 6 - 7:15pm			
Yin Restorative Yoga 7 - 8:15pm	Kundalini Restorative Yoga 7:30 - 8:45pm	Hatha Yoga 7 - 8:15pm	Kundalini Yoga 7:30 - 8:45pm	<i>Full Moon</i> <i>Meditation</i> Workshop (monthly)		

**Prices:**

Single Class ..... \$20

Weekly Unlimited  
(NB courses & workshops are not included)  
Open Class Pass ..... \$45

6 week Courses  
(bookings essential) ..... \$110  
10 Class Pass  
(valid 4 Months) ..... \$170

Private Yoga Therapy ..... \$100  
(Book 3 Sessions \$270)

Breath Retraining Session \$100

