

# YOGA CLASS

**FIRST CLASS FREE**

**SMALL CLASS BOOK NOW TO SECURE A PLACE**



**THURSDAY 26<sup>th</sup> JULY TIME: 6.30pm-7.30pm**

**FRIDAY 27<sup>th</sup> JULY TIME: 9.30am- 10.30am**

**COST: 6 WEEKS - \$92 (including first free class)**

**Casual \$20 (from second class onwards)**

**Booking required**

**Please bring your own yoga mat**

**Address: COCKBURN INTEGRATED HEALTH**

**Suite 14, 11 Wentworth Parade,**

**Success**

**EMAIL: [ritumathur19@yahoo.com](mailto:ritumathur19@yahoo.com)**

**Facebook page- Classical Yoga**

**PHONE: 0426077399 (text only)**

## Introduction to Yoga

The discipline of Yoga that has come down to us as an invaluable legacy is particularly relevant to today's lifestyle. We read every day about the effects of stress on not only our mental wellbeing but on our physical and physiological well-being as well. Clearly there is a link between mind and body. Yoga helps on both mind and body through physical postures, breathing and meditation.

## My Profile

My name is Ritu Mathur. I have been practicing Yoga for more than 35 years. I am a trained yoga instructor, registered with Yoga Australia. I am also a Reiki grand master and currently training to be a qualified Yoga Therapist.

I have taught Yoga in Singapore, New Zealand and Australia. In Perth I have held classes in South Lake leisureplex and Next Gen Gym. I enjoy meeting people and practicing yoga collectively and am happy to share the knowledge and benefits of yoga with everyone.

**REGISTER NOW:**

Email: [ritumathur19@yahoo.com](mailto:ritumathur19@yahoo.com)

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