



POINT THERAPY

Health Centre

YOGADANCE!

First Session **FREE***

From Tango to Timberlake. Where Yoga Meets Dance.
Beginners Welcome!

Have you always wanted to dance but felt too nervous or intimidated to try? Using yoga techniques I can help you transform your body and enjoy the magic of music and dance in a friendly, intimate environment.

- Trim and tone your body
- Build your strength and confidence
- Increase your flexibility
- Improve Body and posture alignment
- Experience more energy and vitality
- Have fun and stress less

Semi-private classes (Maximum 5 people per session)
Private Yoga lessons also available.

Mon – 6.30pm to 7.45pm | **Tues** – 7.00pm to 8.15pm | **Sat** – 3.00pm to 4.15pm

Casual Classes – \$25 each | **5 Pack** – \$110 (valid for 6 weeks)
10 Pack – \$200 (valid for 8 weeks)

Contact Penny Balafas on 0423 595 557

Yoga Teachers Association of Australia Member
BA Performance Studies
A passionate human being!



Point Therapy Health Centre Shop 8, 80 Ebley Street Bondi Junction NSW 2022
Phone 9369 5588 **Website** www.pointtherapy.com.au

* Offer is only available upon presentation of this flyer. Limit one free session per individual. Offer valid until 8th August 2008.