

Relaxation and Meditation

Eight Week Course

Tuesdays 11:30am - 12:30pm

Hampton Yoga Centre: 14 Thomas Street, Hampton 3188

Starting: 11th October 2011

Finishing: 6th December 2011

(excludes Melbourne Cup Day)

Bookings essential - Cost: \$120



Participants will learn techniques to:

develop a sense of inner calm

invoke instant relaxation

overcome insomnia

decrease anxiety

manage stress

optimise health

improve relationships

develop focus and concentration

pave the way towards deeper meditation



Enquiries: Phone 9533 1198 Email: maya@hamptonyoga.com