



Yoga

ALL LEVELS WELCOME: BEGINNERS & EXPERIENCED

Tuesdays 6 - 7.30 pm

VITALITY JUNCTION (1st floor). 179 Union Street, The Junction 2291

4 week series is \$75 or \$20 per class

You're welcome to come and try an Introductory class so you can experience the benefits first hand.

While hatha yoga is the yoga of posture and breath, it's benefits can produce a state of deep serenity and stillness inside. As we make an effort, as we tone and discipline the body and observe a steady breath, we can align ourselves with our own natural joy. These classes are suitable for all levels and sometimes conclude with a short meditation.

BOOKINGS: Classes are small to provide full attention to each participant, so bookings are essential. Please phone Greg on 0433 500 972

WHAT TO BRING? Please wear loose comfortable clothing. It's best not to eat a meal before practicing. Please bring your own mat if you have one. Spare mats, belts and blankets will be provided.

Greg Bryce
YOGA TEACHER

Greg had his first taste of yoga and meditation in 1987 and the experience was so powerful that he decided to postpone his career and travel to India to investigate it more deeply. He stayed in India for two and a half years studying, practicing and eventually in 1989 teaching yoga.

He spent a further 2 years studying with Iyengar and Anusara yoga teachers in New York and Hawaii and then returned to Sydney where he was inspired to set up a yoga school and share his experience with others. He taught there in Burwood for 10 years and also at Canterbury for 4 years.

He's recently returned to his hometown of Newcastle and is starting classes again both in groups and private classes.