

WELCOME TO LIVING BEAUTIFULLY YOGA CLASSES 2011.

Last year we introduced Master Class and Study Group and continued with Relaxation and Meditation classes throughout the year.

The highlight of the year was the full day workshop conducted by Swami Kriyatma Saraswati from Satyananda Yoga Academy on Incorporating Yoga into a Busy Lifestyle. The workshop was very well received by all who attended and Swami Kriyatma covered practical ways to help with stress and creating a healthy lifestyle.

This year we propose to have a workshop for Women in their middle years conducted by Judy Morgan and other health professionals as guest lecturers.

There will also be an Advanced Yoga Workshop during the year incorporating yoga postures, breathing, meditation and more. Further information will be available at a later date.

During term one we have Study Group and Meditation, Relaxation and Introduction to Meditation and a Stress Management evenings. Information and dates on Special Events on the website.

We also have a Children's yoga class conducted by Jodie McNamara on a Saturday morning. The children who attended the class last year had a wonderful time and showed great improvement in their posture, flexibility, balance, coordination and ability to relax. It is possible for a child aged from 6yrs to 10yrs to have a one off lesson to experience the class. Contact Living Beautifully and discuss the class with Judy Morgan.

Wishing you all a happy, healthy and successful 2011 from the Living Beautifully team.

Yours in yoga,

Judy Morgan.
(Swami Karmashakti Saraswati)