

## Yoga

Day: Friday

Time: 9:30 – 10:30

Cost: \$86.50

Or \$11 per week

Term: 9 weeks

**About the class:** Tutor-led

Learn Seema Dar Yoga (a flowing sequence moving in and out of postures) which can improve general wellbeing.

Your instructor will teach a flowing sequence of yoga, and emphasize a lot of breathing.

This class will incorporate yoga postures, breathing, relaxation, visualization and meditation.

### **Materials:**

- Yoga mat
- Comfortable clothes
- Water
- Towel
- Cushion (optional)

Learning in the Hills is a project of Hills Community Aid.

The leisure learning program provides a range of tutor-led and social groups and classes for residents in the north western and western Sydney.

### Location

Classes are held at Learning in the Hills, Balcombe Heights Estate

92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

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