



The Harmony School of Yoga

Level 1, 554 High Street Road,

Mount Waverley, Vic. 3149

Tel/Fax 9803 3494

Website www.harmonyyoga.org

VINYASA YOGA

with Michelle Lee

Starts 26th April 2017

WEDNESDAYS

9:30AM to 10:45AM

Awaken to the natural flow of energy within the body and mind, through the systematic practice of Vinyasa Yoga and Universal Alignment.

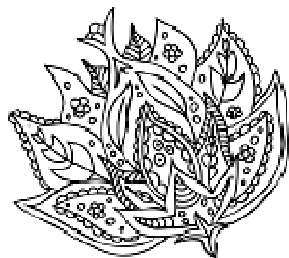
Come and learn to increase physical vitality and mental clarity by aligning with the inherent organic energy (Prana) flow that exists all around you.

BOOK NOW

“Stillness is what creates love. Movement is what creates life.

To be still and still moving, this is everything.”

— Do Hyun Choe



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