

The Harmony School of Yoga

Level 1, 554 High Street Road,
Mount Waverley, Vic. 3149
Tel/Fax 9803 3494
Website www.harmonyyoga.org

PILATES

Trim your tummy, slim your thighs, tone & lift your buttocks.

Focussed exercises to tone & strengthen the body without adding muscle bulk.

Create your own program tailored to your individual needs in a stress free environment.

Small classes.

MONDAYS 11.00 TO 12 NOON

WEDNESDAYS 6.30 TO 7.30 PM

BOOKINGS ESSENTIAL . 9803 3494