

Maya Yoga Studio



The True Art of



We offer:

- Private Classes
- Group Classes
- Corporate Workshops

Classes include:

- Postures/Asanas
- Flexibility
- Breathing/ Pranayama
- Meditation
- Cleansing

MYS also offers Yoga Therapy as a method of self- healing. Our therapies use natural ancient Yogic techniques to help relieve and/or eradicate various ailments such as headaches, migraine, sinus, diabetes, blood pressure irregularities, respiratory and spinal related problems.

Colour scheme: lilac/purple, blue, green and the writing is in grey.

It is never too late to take up Yoga. And NOW you have more reason to experience the True Art of Yoga with MYS!!!

Present this voucher at our studio and receive 50% off your first month!!!

***Conditions Apply *Offer Valid until 31st March 2008**

Tel: 03 7713 3797

Email: admin@mayayogastudio.com Website: mayayogastudio.com