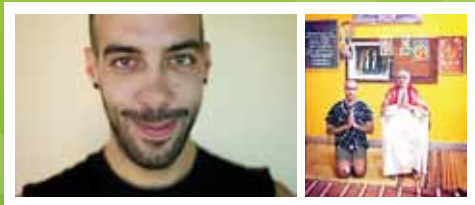


“WELCOME TO YOGA”



ABOUT YOUR TEACHER:



Nathaniel has been teaching yoga at Niraamaya Centre for over a year now. He is originally from Australia and has studied with various respected teachers throughout Canada, Thailand and even the home of yoga, India, where he studied with a 90-year-old yoga master. His philosophy when it comes to learning is that we should enjoy the process fully without taking it too seriously, as in this way we come to love what we are learning.

Contact him via nathaniel.try@hotmail.com or 0860-423-625 with your enquiries about the course. He is very excited to be sharing his love of yoga with an intimate group of new students.

6-WEEK COURSE

Dive deep into the ancient wisdom tradition, and science of both body and mind, known as yoga.

This course is especially designed for relatively or completely new students.

- ❖ You will learn how to breathe in a way which both energises and relaxes you.
- ❖ Be taught yoga postures which help in maintaining the health and well-being of the body.
- ❖ Learn how to let go of stress, anxiety and regrets about the past.
- ❖ Be taught techniques for helping to think in a more positive way.
- ❖ Improve your concentration and uplift energy levels.
- ❖ And finally, take away with you the knowledge that will help you to begin your own home yoga practice.

Class Dates, Times & Pricing:

Option 1 – Mondays at 6.00-7.15pm

(Starting on October 27 and finishing December 1)

Option 2 – Wednesdays at 10.00-11.15am

(Starting on October 29 and finishing December 3)

There will be a maximum number of 4 students in each class so as to ensure you are given all the attention you require.

Total price for the 6-week course is 5000 THB

NB: If these times don't work for you, please let us know and if we have enough people interested we may be able to run another class.

NIRAAMAYA CENTRE

02-662-1845

261/1 Sukhumvit soi 31
info@niraamayacentre.com
www.niraamayacentre.com