

# Get a bit of A in your Asana 3 day Winter Intensive

17th -19th July 2015

Friday 6.30 - 8.00am (Guided dynamic practice)

Friday 6.00 - 7.30pm (Restorative and Pranayama)

Saturday 8.00 - 9.30am (Guided dynamic practice)

Saturday 4.00 - 5.30pm (Restorative and Pranayama)

Sunday 8.00 - 9.30am (Guided dynamic practice)

Sunday 4.00 - 5.30pm (Restorative and Pranayama)

Cost \$125  
Level 2-3 students

