

Christmas Fit with Yoga!  
Milton Yoga Studio  
1/47 Castlemaine St



# Yoga [Christmas fit] bootcamp

## Q. Aren't Yoga and Bootcamps opposite??

Our specially created Yoga programs combine the group energy with yoga principles for **stunning results**. We encourage our 'recruits' towards their individual goals without the exhaustion of gym-style bootcamps.

Join this *'Energy and Fitness for Christmas'* program, bringing you the **'Best of' Yoga BootCamp** content from 2011 to give you **maximum benefits for the least amount of effort** (1 hour sessions—includes relaxations).



**Build energy and vitality with specially designed yoga** targeting common needs for this time of year. Most people are time-poor, and need to **be able to do more**, and have more energy. **Any level—even beginners** can attend, and will **build energy, strength, stretch. Yes—you can create sparkling health, flexibility and tone!** **Book now Milton Studio's unique, specially created Level 1 Yoga Bootcamps.**

*Starts Tuesday 29 November for three weeks\*.*

*Nov 29, 30, Dec 1; 5, 6, 7, 8; 12, 13, 14, 15.*

**Choose from two Early morning groups - 7 am Team or 5.45 am**  
3 week duration. Up to 4 sessions per week.

**\*You can attend as many as 11 group sessions + sign-on session, for just \$180 Only a few spaces left for next week. So ... tell your friends, and register now! Hurry 0410570441**



Contact us now—we'll call you back. *Past recruits say they 'feel amazing' and 'more energised' in just 3 weeks! Hurry, special BootCamp program for this time of year.*

**Enquiries:  
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