

# Get Fit by Christmas with yoga!

*Like to be fit by Christmas? Would you like to improve your strength, fitness, flexibility easily? Time for you? Maybe Kids off your hands in the morning? The proven, fun way is to do yoga intensively—Yoga BootCamp!*



**Enjoy the next few weeks without feeling sluggish, tired, hassled and with extra weight. Create tone, strength and energy to carry you through with a sparkle!**

Yoga [fi t] Bootcamp *now at Milton Yoga Studio.*

***Pre-Christmas program to metabolise, digest better, increase your energy*** create inner calm over this festive season. Be truly festive! Two timeslots:

**7 am or 5.45 am over 3 weeks—up to 11 group YOGA sessions.**

- **NEW Starts Tuesday 29 November 2011**
- **11 sessions over 3 weeks**
- **Dates 29, 30 Nov, Dec 1; 5, 6, 7, 8; 12, 13, 14, 15\*.**  
\*We offer 11 sessions —you don't have to attend them all to benefit.
- **1 hour sessions (1 hour) 7am—8am or 5.45 am**
- **All sessions plus sign-on just \$180**
- **Registration is essential as Yoga Bootcamp is a specific program run for the same group over the three weeks. Sign-on closes when sold out, or Monday 28 November.**

Never done Yoga before? Perfect! This program is especially geared to easy-to-achieve postures. Your registration/ goal-setting session will cover any concerns. Contact us!



## ACT NOW!

Milton Yoga Studio

1/47 Castlemaine St Milton

air-conditioned

**Registrations/ enquiries**

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