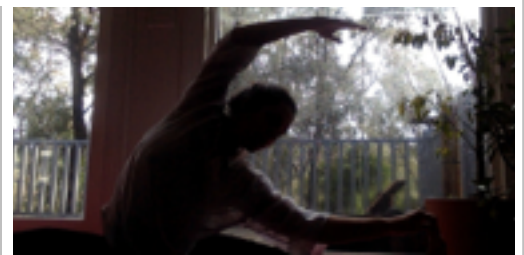




# YOGAZEN

BLACKWOOD



Now with new philosophy

## Pay What You Feel

Now with new activities

Every Tuesday (commencing from 14/06/2016)

8:00 am Lian Gong

(a gentle therapeutic healing exercise to prevent and reduce pain)

9:00 am Yoga and Surya Namaskar (YogaZen style)

10:00 am Dharana Meditation

2:00 pm Healing Session and Private class  
(by appointment - students only)

5:00 pm Dynamic Meditation  
(The Heart Chakra and the Four Directions)

6:30 pm Raja Yoga -Yoga Sutras (Study Group and Meditation Practice)

7:30 pm Yoga (YogaZen style)

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