

For CGGS Students & Staff

Would you like to look & feel good?

Would you like to have a calm mind, better concentration, confidence, posture & management of health?



These **Non-Religious Yoga Classes** are for;

Both new & those familiar with yoga, flexible or non-flexible, healthy or not-healthy – everyone!

It is gentle & progressive - You may not see changes overnight, but within 4 to 6 weeks onwards you will see specific or holistic differences. Testimonials can be seen on the website: www.bollybody.com.au

When: Wednesdays **Time:** 4:15 - 5:20 pm **Where:** CGGS Conference Room under the Science Block

What to bring: a non-slippery yoga mat & a bottle of water

Contact: Mr. David Blue by e-mail david.blue@cggs.act.edu.au or 6202 6418

Registration: Ms. Nancy Williams by e-mail bollybody@gmail.com (0432 683 699) with the fee payment receipt

Fee: Students are offered a discounted rate of \$108 (9 weeks at \$12 per week), staff rate is \$135 (9 weeks at \$15 per week)

Fees can be paid by bank transfer to the Financial Institution (details below) or by cash – receipts will be issued.

Suncorp Bank, **Account Name:** BollyBody, **BSB:** 484 799, **Account Number:** 601 350 323

Fee Refund: Private health fund members with yoga cover are eligible to claim up to \$250 fee refund annually