

Exercise is required for the organs of the body to develop and function properly. Oxygen intake and blood circulation is improved whilst the body rids itself of impurities through exercise. The lymphatic fluid, cleansing and feeding cells depends on movement to perform it's function and dispose of debris and toxins.

YOGA

for better health care, weight management,
body maintenance & flexibility, stress relief.
Treat your body with time for self.
An awakening to energise the day

Courses: 4 classes course \$48 waged/\$40 conc
\$15 for trial class

Yoga with Vegetarian Breakfast.....

Date announced.....**Booking essential**

Tibetan Rites

The Tibetan secret to a long, healthy, productive and peaceful life. Simple exercises which can be completed daily within 30 mins. Do them at home or with us

It's cheaper than being dependent on
prescribed drug

Yoga and Tibetan Rites are ancient practices. Yoga asanas (postures) have become popular in Australia because of their value to health, fitness, relaxation and self-discipline. The postures also activate and cleanse the inner organs. Tibetan Rites were exercised by Buddhist monks and nuns in Tibet to delay the aging process.

Benefits

Weight loss, stress relief

Improves posture, balance, concentration, energy and blood circulation, healing and body image

enhances body strength, flexibility, muscle toning, clear thinking, inner peace & self confidence

The yoga program (1hrs) begins instant relaxation technique, short breathing meditation and pranayama. Warming up exercises precedes the stretches. Yoga asanas (static exercise) have complimentary stretches so that they balance and counter the chi/prana (energy) flow as well as flexion/extension of muscle groups. The program finishes with Yoga nidra (relaxation)

Plus 30min breathing pranayama and meditation is included free and optional additional to the hour

The Tibetan Rites is a series of 5 dynamic exercises. It begins with 3 repetitions and 2 more are added each week until the total repetitions are 21. Any more repetitions are not of benefit to the person. After each exercise there is a resting posture. These exercises are designed to promote chi flow and lymphatic flow, vitalise organs and glands and have cellular benefits. They also improve the hypertrophy of muscles.



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Workshops for community centres

Om and the breath of life with yoga practice

Tibetan rites

Vegetarian cooking..... Vegan cooking....with energy conservation
(food substances extra cost)

Booking :email magicmovements2001@yahoo.com