



IYENGAR TIME TABLE

TERM 1 2025



Level 1 Course

8 Week Program

February 7 to March 28

7 am to 8:30 am

\$230 per 8-week course

The Foundry - 132 Wentworth St, Port Kembla

Let go of the hustle and bustle to finish your week on a positive note, with Yoga.

Each week, a different focus, yet always to bring you into a state of poise and balance.

Mentoring Package

Guidance for your Yoga journey to wholeness.

A personal and premium level of support to boost your yoga skills, knowledge, and confidence.

Book a Discovery session with Anastasia to find out more!

Beginner's 8-Week Yoga Course

February 8 to March 29

10 am-11 am

The Foundry

\$215 for the 8-week course

A classic approach to learning the keystones of Yoga in the Iyengar tradition, which is authentic, enduring, and endlessly adaptable to your requirements.

Numbers limited. Book early to avoid disappointment.

DM Anastasia for details.

Payments are non-refundable and non-transferable to another student or term.

Visit balancepointyoga.com to learn more about Balance Point Yoga.