



IYENGAR TIME TABLE

TERM 4 2025

Level 1 Course

8 Week Program

17 October to 5 December 2025

7 am to 8 30 am (doors open 6 45am)

\$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 that will elevate your personal daily yoga practice from routine to sacred ritual.

Book a Discovery session with Anastasia to find out more!

Beginner's 8-Week Yoga Course

18 October to 13 December excl. Nov 1 2025

10 am-11 am (doors open 9 45am)

The Foundry

\$220 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 for any missed sessions are non-refundable and non-transferable to another student or term.

Namaste,
Anastasia

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