

Sarah's teacher, Karyn Grenfell, is coming to the Sunshine Coast!



September 19th- 22nd 2019

Mysore 5.30- 7.30am Thursday - Saturday,

Led class 6.30- 8am, followed by Q&A on Sunday.

Kawana Island Meeting Place

5 Grand Parade, Parrearra

How much? \$160. Bank details:

BSB: 084567 Acc: 83 77 06 777 Name: Sarah Haralambous

Payment is required to book, simply let Sarah know in class with correct change in an envelope with your name or via email: sarahlouisah@gmail.com with receipt of payment.

Karyn has been practicing Ashtanga yoga for over 20 years and has an Advanced level Certificate from the Institute in Mysore, India (KPJAYI), for more information you can look at her website, [www.ashtangayogamelbourne.com.au](http://www.ashtangayogamelbourne.com.au)

Please note that during this week regular classes will be cancelled for our Spring Break.