



Synergy

Wellness for Mind, Body, Soul & Skin

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Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

Yoga

Yoga has a profound history of bestowing physical and emotional well being. Down through the ages we have observed the benefits of moving the body to improve our health and performance. It exercises the body and increases flexibility while focusing the mind on the movement in a meditative way, which many people find very spiritual. The practice of yoga is a journey of personal exploration and development and is a great way to strengthen the body and calm the mind.

Yoga is emphasized on muscle sensations, the internal organs and glands, stretching and relaxed breathing to restore a healthy balance to nerves, circulation, hormones and digestion.

The physical benefits of Yoga include:

- Improved athletic performance
- Improved respiration, energy, and vitality
- Balanced metabolism
- Increased circulation
- Better lymphatic flow
- Reduce muscle pain and spasm
- Achieve a toned, flexible and strong body

The mental benefits of Yoga Include:

- Decreased stress levels
- Better focus and mental clarity
- Increases positive thoughts

The spiritual benefits of Yoga include:

- Builds awareness of your body, your feelings, the world around you and the needs of others.



Classes

Dynamic Yoga

Dynamic Yoga at Synergy is taught with an emphasis on anatomy and physiology. Attention is given to correct alignment and position of the body. Awareness is brought to muscle sensations through stretching and strengthening, the internal organs and glands, and patterns of breathing.

This allows restoration and balance to the various physiological systems of the human body.

Dynamic Yoga Level II

A faster paced class for those with some experience or have completed an introduction course, you will obtain amazing results with increased strength and flexibility and restored energy levels and a general feeling of well being and self confidence.

Classic Gita Yoga

Gita Yoga was developed for the modern body & mind – for our modern world. Using classic Gita postures, it aims to bring harmony and balance both physically and emotionally through focusing on the Endocrine system. The classes include stretching, breathing exercises, postures and relaxation. With regular practice you will notice the body gains flexibility, the mind becomes clearer, stress levels decreased and generally an overall feeling of wellness and a renewed zest for life. Gita yoga also works on the metabolism and digestive systems which can facilitate weight management and internal health.



Overall, a total work out – inside & out! Suitable for all ages and fitness levels, pre and post-natal women most welcome.

- **No casual classes – Term-long course.**
- **Bookings absolutely essential.**
- **Maximum 6 persons per class.**
- **Matts & other small apparatus supplied.**

