



Hatha Yoga with Maria Steiner

Open Hatha Yoga Classes for all Levels in Ipswich and Booval

Please check website or phone
for schedule, locations and
other information.

Hatha Yoga is a
combination of
breathing (pranayama),
exercise (asana) and
relaxation (savasana) with
full awareness; to harmonize
body, mind and spirit for health and inner peace.



Beginners are very welcome.
First class is free.

Contact & instructor: Maria Steiner.

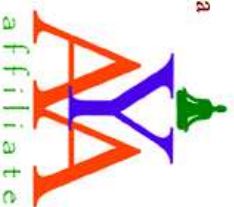
Certified yoga teacher by the
International Sivananda Yoga Vedanta
Centers & Affiliate of the

Advaita Yoga Ashrama

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e-mail: maria@yogal08.org

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