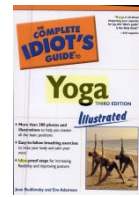


YogaHealth Newsletter

Free Gift: The Complete Idiot's Guide to Yoga. This term we have a fantastic new Yoga book available for free (normally \$30) to the first 200 YogaHealth students. It's an authentic but humorous look at everything yogic. Click on the link, choose the free option, wait for the countdown and press download.



http://rapidshare.com/files/303493939/The_Complete_Idiots_Guide_to_Yoga.rar

Dates and Costs for next term: Monday, 19 July to Saturday, 25 September

Early bird week 1 - \$165

Normal Class - \$18

Casual - \$21

3 years - \$130

(Over the last two years our prices have risen by only 5%)

Meditation Retreat on Death and Dying on 20 June. Shambo is flying back in to run this day in South Perth. Many people might consider this to be a depressing consideration but it is actually a way to discover more joy in life. Have a look on our info page here:

http://www.yoga.com.au/Meditation_Retreat_June2010.htm

There are only three places left. All bookings must be finalised before Tuesday 15th June.

Call Anna on 9397 2387 or email yoga-health@hotmail.com. Credit Cards Accepted.

The popularity of Magnesium Oil has now gone international, especially in Japan where it is used in hospitals to treat arthritis and diabetes. (Magnesium Oil is also used in Australian hospitals.) Due to new labelling and marketing costs the price of magnesium oil has gone up (\$18 for 60ml spray and \$30 for 250ml spray) but YogaHealth students can still buy mag oil at \$15 and \$28 till the end of this term.



See your instructor or go to www.amazingoils.com.au

We have several **new meditation CDs** available online or order from your instructor.

Go here to see which CDs are available:

http://www.yoga.com.au/Home_Practice.htm



Congrats to YH student Jan Vanderheld, winner of Perth's best soup recipe competition
Recipe available on mailing list.

If you did not receive this newsletter from us via email and are unable to directly link into our bonus gifts for students, please send us an email to yoga-health@hotmail.com and we will add you to our list.

Be Happy and Healthy,

Namaste

