



AUSTRALIAN
YOGA ACADEMY



Australian Yoga Academy

WELLNESS CENTRE

LEARN HOW YOGA CAN CHANGE YOUR LIFE

YOGA

Yoga Teacher Training
Yoga Classes
Mat Pilates Classes
Workshops

50 Hr Specialist Training Courses

Prenatal & Postnatal Yoga
Yin Yoga
Youth Yoga
Meditation
Mindful Breath & Movement for Youth
Restorative Yoga
Advanced Teaching Skills &
Adjustments

WELLNESS

Hypnobirthing & Positive Birth Program
Osteo & Remedial Massage
Physiotherapy & Pain Management
Massage Therapist & Reiki Practitioner
Golden Ray Energy Healer

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