



The Hervey Bay

School of Yoga

ADDRESS Level 1, 54 Torquay Rd, Pialba Hervey Bay Q 4655 | PH 0418 480 625 | WEBSITE www.herveybayyoga.com.au

Student in residence program

\$450 for five nights accommodation and six classes of Yoga

Whilst attending a program of classes suitable to your level of experience, live in an apartment attached to **The Hervey Bay School of Yoga** and share the accommodation with one or two other yoga students. The apartment and yoga studio are located at **54 Torquay Road Pialba** in the coastal city of Hervey Bay. The apartment is fully self-contained with a modern kitchen and laundry facilities. You will have your own bedroom and linen is supplied. You have a two minute walk to a beautiful beach, restaurants and shopping centers. The maximum stay is four weeks.

Accommodation is for five nights from midday on a Monday until 10am on a Saturday. When a booking is made for consecutive weeks the accommodation for the Saturday and Sunday is provided at no additional cost. Your first yoga class is at 7.30 on the Monday evening and the last class is at 6.30 on

Saturday morning. Classes during the week vary to accord with the level of experience of the student enrolled and are scheduled after you have attended your first class with your teacher Polly Realf.

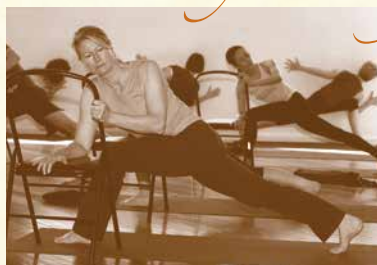
Polly has 15 years of experience teaching Yoga and hold qualifications with the *BKS Iyengar Association of Australia* and the *International Yoga Teachers Association*.

Hervey Bay is a coastal city in the Wide Bay Burnett region of the state of Queensland in Australia. During the months of July to November each year Humpback Whale watching tours leave Hervey Bay seven days per week with a host of charters available to get a time that works in with your program of classes. Fraser Island a World Heritage site is a short ferry ride away with day and overnight tours leaving from Hervey Bay.

Create space for your self



Learn asana to awaken the energy and intelligence of the physical body



Study asana to recognize the link between the mind, emotions and breath



Practice asana to discipline the mind and habituate it to stillness and silence

Please contact us via office@herveybayyoga.com.au to discuss your booking. Review the school website www.herveybayyoga.com.au to learn more about us including our program for weekend intensives. Telephone 0418 480 625 if in Australia or + 61 418 480 625 internationally.

Full payment is required at the time of booking and cancellation incurs a fee of \$100.