

# NEW YEAR INTENSIVE

Monday to Friday  
6-8am daily  
11-15 January 2021

Start the year on a great footing with a daily morning yoga class to revitalise and renew.

Students will experience the benefits of regular practice while exploring a variety of asanas from standing poses to backbends and restorative.

If you can't attend all days you're welcome to join us for a single classes.

**Register now at [ballinayoga.com](http://ballinayoga.com)**

Cost

**Full Intensive \$90**

**Single classes \$20 each**

**\$90**

five classes

✉ [info@ballinayoga.com](mailto:info@ballinayoga.com)

🌐 [ballinayoga.com](http://ballinayoga.com)

