



- ✓ *Yoga & Meditation teacher*
- ✓ *Reiki Master & teacher*
- ✓ *Pranic Healer*
- ✓ *Clairvoyant Healer*

Visit our Yoga gift shop for all your yoga clothes, mats & gear

Kym is available for private classes, Reiki, healings and intuitive readings.

Monday Yoga 10am – 11am, \$12

Tuesday Yoga 10am - 11am, \$12
ZEN Nights
6.00pm – 7.30pm, cost \$15

Wednesday Lunchtime Yoga 12.30- 1.30, \$12

Thursday Yoga 10am – 11am, \$12
Meditation 12.30pm – 1.15pm, \$10
Yoga & Meditation 6-7pm \$12

Friday Power Yoga 10am - 11am, \$12


Holistic ॐ Centre

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w: www.yogawithkym.com.au

Rooms 12-16/69-79 Macquarie St Dubbo NSW 2830

Yoga - Kym teaches Sivananda style Hatha Yoga to improve physical strength, tone the body and increase flexibility.

Meditation - Is simply an easy to learn technique for relaxing the body and calming the mind.

Reiki - The Usui system of natural hands on healing. Kym offers divine reiki healing sessions, attunements and workshops.

Pranic Healing - Is an ancient science and art of healing that utilises prana, or life energy to heal the physical body.

Clairvoyant Healing - Chakra Balancing, Heart - Mind Balance & intuitive readings

Zen Nights - Zen Rejuvenation evenings encourage you to stop, breathe and "give back" to your physical, emotional and spiritual self. Ideal for all who wish to experience more moments of deep rest, stillness and inner peace.

Kym gently supports you, throughout each evening in awakening your tranquil nature and removing the stresses held in your body and thoughts. Never under estimate the healing qualities of stillness and deep rest.

Zen Nights Include:

- Gentle Yoga exercises
- Meditation
- Yoga Nidra (deep rest lying down)
- Relaxation Breathing
- Visualization
- Chanting

Power Yoga - a fast paced and challenging style of Yoga.