

Challenge yourself to be taught by one of Australia's most beloved and inspirational yoga teachers... Ask the questions you don't normally get time too in a regular class... Find out what foods will compliment your yoga practice and feel great...

# Rowena Jayne

**Special  
Live  
Event**



**rowenajayne.com**

Rowena's energy and passion for yoga and health is off the scales!! You won't believe how much you will learn from the pocket rocket!

**Thur 23 Apr  
6pm – 9pm  
Health Workshop \$35**

First, Rowena will teach a Bikram Yoga Class. There will be a little extra time in the class to ask questions and get '1 on 1' corrections...

Then, we have a little break...

To finish the evening, Rowena will show us how to make some healthy foods and answer any nutrition questions you may have!

Rowena Jayne, "Real Food Yogi" is a leading International Yoga Instructor, Raw Food Chef, Wellness Presenter and Published Author. She is also a qualified Naturopath and Nutritionist. Rowena has contributed to the transformation of thousands of lives through her yoga classes, workshops, books and articles! Don't miss out, this is going to be one amazing event !!



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