

You will find our website at

www.medireholos.com.au

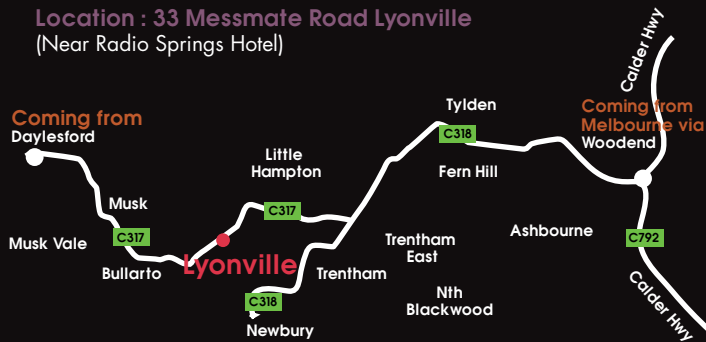
Other holistic Bodywork & Reiki services are offered in the studio to support you on your journey both with myself and other experienced practitioners whom you can trust to serve you with integrity. If you'd like to register for a class/workshop or retreat or have questions email us:

info@medireholos.com.au

We look forward to sharing the many benefits of yoga with you!
OM Shanti ('peace')

Frances Paderno 5348 5579

Location : 33 Messmate Road Lyonville
(Near Radio Springs Hotel)



Lyonville Yoga Studio

Come along and Replenish your Body & Soul with



Hatha-Vinyasa Yoga

& experience 'Living Earth' Prana
for healing & cellular rejuvenation



MEDIREHOLOS
ways for living well

Hatha - Vinyasa Yoga

The focus of Medire Holos Yoga Teachings is towards becoming awake in our bodies, bringing consciousness to formerly shut off areas, building strength, and creating space in our bodies, removing stagnation and congestion.

No experience necessary - all ages welcome as classes are suitable for beginners.

You will be introduced to Prana and Pranic flow as an energetic, creative, full-spectrum body experience. You will come to know and understand the energy that guides your movements in flow yoga (Vinyasa). Classes and workshops help the student to cultivate inner and outer energy flow, strengthen their awareness and develop fluidity, skill and intuition. Students learn the skill of grounding vital energy for pure and deep relaxation and Meditation. All classes include Meditation, Asana (postures and movement), Pranayama (prana breath-work) and an opportunity for deep relaxation at the end of the session. Hatha Yoga is a detailed system of physical postures (asanas), breathing exercises (pranayama), and relaxation/meditation techniques (dhyana).

Together these practices strengthen the body and calm the mind. Benefits include :

- **Cleansing and strengthening of vital organs and oxygenising the blood**
- **Mental relaxation for balance and flexibility**
- **Stress reduction and tension release through the bodies musculature**
- **Exposing connective tissue to prana and vital earth energy**
- **toning the whole body mind and spirit to work together as one**
- **Learning how to breathe to attain better energy flow**
- **Consciously guiding body, mind and spirit to a state of harmony**

The Hatha Yoga Studio is nestled amongst nature, located at the edge of Wombat Forrest. The studio offers a space that is quiet for introspection and energy balancing through Yoga, Yoga Therapy and Yogic studies. We also offer students Tea Room and Lounge facilities and Retail area for all things Green and Natural - as well as locally made products.

Yoga with Frances Paderno



Frances is a certified teacher of Yoga. She has been offering yoga classes to beginners and experienced students of yoga for over 10 years. She specialises in rejuvenating the body's vitality by connecting students with the energy flow of their body via the tissue and cells of the body. She also guides students in developing awareness of natural elements, such as living earth prana, the organic body and all its vital elements. She teaches in line with the Seasons and offers insight into the spiritual healing energies of each season.

- Autumn** Detoxing the organs and making room for new cell growth and repair
- Winter** Strengthening the Immune System and Thymus Chakra. Understanding the Higher Heart Centre
- Spring** Awakening the body for 'New Beginnings'
- Summer** Exploring the Heart and Soul of being Alive

“ To experience Yoga in connection with the energy of the seasons moves the human body and mind more closer towards walking freely and lightly on the earth in harmony with one's self and surroundings.”