

YOGA CORE STRENGTH



with Dee Srivastava

Better Posture.
Improved Breathing.
Better Balance.
Improved Athletic Performance.
Reduced Risk of Injury.
Improved Digestion.



For more information and bookings
contact:

0427350189

info.questyoga@gmail.com
www.questyoga.com.au

A decorative graphic on a purple background featuring white line art of stylized leaves and a flower. The leaves are elongated and pointed, while the flower is a simple, multi-petaled bloom. The design is minimalist and modern.

An illustration of a yoga sun salutation (Surya Namaskar) sequence. A large, bright yellow sun with rays is centered on a blue background. Surrounding the sun are ten female figures in various yoga poses, arranged in a circular pattern. The poses, starting from the top and moving clockwise, are: standing with arms raised (Urdhva Dhanurasana), standing with arms crossed (Anjali Mudra), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), standing with arms raised and bent (Urdhva Dhanurasana), and standing with arms raised and bent (Urdhva Dhanurasana). The figures are wearing yellow tops and dark pants. The overall style is clean and modern.

0427350189
info.questyoga@gmail.com
www.questyoga.com.au

YOGA MOBILITY TRAINING



with Dee Srivastava

Increase strength and flexibility.
Improve balance and range of motion.
Reduce risk of injury.
Increases mindfulness and focus.



For consultations and bookings contact:
0427350189

www.questyoga.com.au



YOGA MEDITATION

with Dee Srivastava

Reduce anxiety and stress
Enhance resilience
Put things into perspective and
Improve decision making



For more information and
bookings contact:

0427350189

info.questyoga@gmail.com
www.questyoga.com.au

YOGA BODY TONE

with Dee Srivastava

A vigorous Yoga class with
asanas to tone your butt and
thighs



For more information and bookings contact:

0427350189

info.questyoga@gmail.com

www.questyoga.com.au

YOGA *BODY BALANCE*

with Dee Srivastava

Strengthen lower body, ankles, legs, glutes.
Support good posture & core muscles.
Improve balance, steadiness.
Increases mindfulness & focus.



For more information and bookings contact:

0427350189
info.questyoga@gmail.com
www.questyoga.com.au

YIN YOGA



with Dee Srivastava

Myofascial release
Balance emotions
Improve flexibility
Boost circulation



For more information and bookings
contact: 0427350189

info.questyoga@gmail.com
www.questyoga.com.au

