



## SERVICES

Group yoga classes

Personal yoga classes

Specialised yoga programs



*yoga anytime!  
yoga anywhere!*



## CONTACT US

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# QUEST YOGA STUDIO

*Be Limitless!*



[WWW.QUESTYOGA.COM.AU](http://WWW.QUESTYOGA.COM.AU)

# ABOUT US

At Quest Yoga, we prioritize fitness and aim to make yoga accessible to all. We offer live online classes across multiple time zones, as well as studio sessions at multiple locations in Australia. Additionally, we host annual yoga retreats.

*Be Limitless!*



## TEACHING STYLE

Hatha Yoga

Restorative and Yin Yoga

Vinyasa Flow Yoga

Meditation & relaxation training

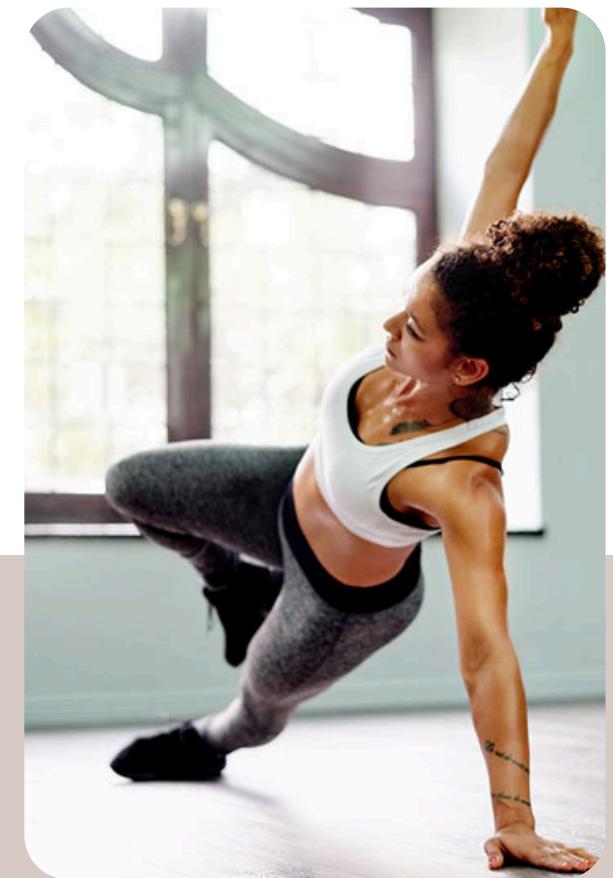


# TEACHER



DEE SRIVASTAVA  
YOGA ALLIANCE USA CERTIFIED

Dee, the founder and instructor at Quest Yoga, is a certified yoga teacher with Yoga Alliance USA. A former intellectual property lawyer turned wellness writer and yoga instructor, she has been practicing yoga for 5 years and began teaching in 2021. Dee specializes in Hatha Yoga, Vinyasa Flow, Yin Yoga, Restorative Yoga, breathing techniques, and meditation.



## CLASSES OFFERED

Yin Yoga

Yoga balance

Yoga spinal mobility

Yoga core strength

Yoga body tone

Breathing & Meditation

Kids Yoga

Yoga for pain management

Pre/Postnatal Yoga

# CLASSES

## YOGA FULL BODY

with Dee Srivastava

This class cultivates heat, trims, tones, builds strength and flexibility.



## YOGA SPINAL MOBILITY

with Dee Srivastava

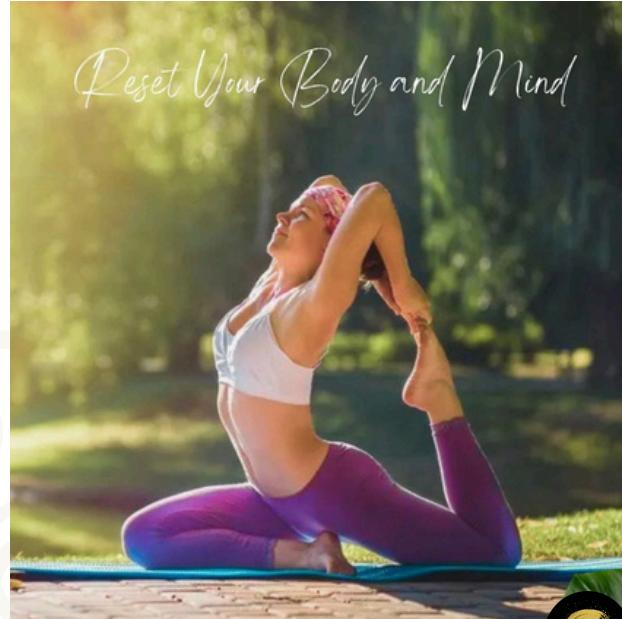
Sustainable Pain Management  
Improve Flexibility  
Strengthen Core  
Posture Realignment



# TEACHER



DEE SRIVASTAVA  
YOGA ALLIANCE USA CERTIFIED



Reset Your Body and Mind

Join Dee for a Yoga breathing practices and guided meditation class

BREATHING PRACTICE  
GUIDED MEDITATION

## YOGA Meditation



Reduce anxiety and stress  
Reduce physical discomfort  
Put things into perspective  
Make better decision and  
Cope better with difficult situations.

## YOGA CORE STRENGTH

with Dee Srivastava

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



## YIN YOGA

with our yoga instructor  
Dee Srivastava

MYOFASCIAL RELEASE  
BALANCE EMOTIONS  
IMPROVE FLEXIBILITY  
BOOST CIRCULATION



# CLASSES

## YOGA BODY BALANCE

with Dee Srivastava

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



## YOGA BODY TONE

with Dee Srivastava

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



## SPECIALISED PROGRAMS

Our specialised yoga programs focus on specific needs, such as sustainable pain management, treating PCOS/PCOD, improving fertility, and pre/postnatal yoga. Some programs are offered in partnership with our partner studios.

**INSTRUCTOR**  
Dee Srivastava

### PAIN MANAGEMENT Yoga Programme

Restorative Yoga classes including physical postures, specific breathing techniques, and relaxation exercises. Ideal for people suffering from :

- Chronic back pain
- Arthritis
- Headache/Migraine
- Irritable bowel syndrome
- Fibromyalgia

**ENROLL NOW**

QUEST YOGA

QUEST YOGA

## PRENATAL & POSTNATAL YOGA CLASS

WEEKDAYS BATCHES  
& SPECIAL WEEKEND  
BATCHES FOR WORKING  
WOMEN

LIVE CLASSES ON ZOOM

Personalised classes for all stages  
of pregnancy

