

**TORQUAY - NATA YOGA & HOMA WITH ROBERT, ZHANDER & EMMA**

On the beautiful victorian coast Shadow yoga will offer a yoga & homa course at

Surf coast yoga - <http://www.surfcoastyoga.com.au>

arrival to the area is on wednesday 3rd march and departure is sunday 7th march, the course will begin on thursday morning at 7am with nata yoga and conclude on saturday 6th march in the evening with the homa. daily from thursday march 4th till saturday march 6th the yoga and homa times will be as follows:

7AM - YOGA

5PM - YOGA

7PM - HOMA

**FOR ACCOMODATION PLEASE GO TO -**

<http://www.surfcoast.vic.gov.au>

**THE CLOSEST ACCOMODATION TO THE YOGA STUDIO LOCATION IS -**

BELLS HOLIDAY COTTAGES

phone: 52615243

BELLBRAE HARVEST ACCOMODATION

phone: 52662100