

# James Bahuth Workshop

## Saturday 22 & Sunday 23 August

We're excited to welcome James Bahuth back to Yarraville Yoga Centre for an invigorating weekend workshop.

With over 30 years of experience, James has dedicated his life to the practice and teaching of Iyengar Yoga, Thai Massage, and Meditation Therapies. He is the founder of Yogaha, a well respected Iyengar yoga studio in Melbourne, and continues to mentor and train yoga teachers, supporting their certification and professional growth.



James brings a grounded, compassionate and light-hearted approach to his work. He's passionate about helping people feel centered, balanced, and connected - both on and off the mat.

Outside the studio, you might find him motorbike touring, dancing, or playing guitar.

This is a unique opportunity to learn from a teacher with extraordinary depth and a truly integrative approach to mind-body practice.

We hope you'll join us!

Please note you will need to buy the appropriate pass and book into each workshop you are attending.



### Weekend Workshop Sessions

#### Saturday 22 August

8:30am – 11:00am, Asana

1:30pm – 3:00pm, Pranayama

3:00pm – 4:30pm, Afternoon tea w James

#### Sunday 23 August

8:30am – 11:00am, Asana

1:00pm – 3:30pm, Hands on adjusting and minor injuries.

*YYC Members receive 25% discount, details and pricing on website.*

Bookings: [www.yarravilleyoga.com.au](http://www.yarravilleyoga.com.au) or scan the QR code



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