



**YogaSynergy** presents

PO Box 9 Waverley NSW 2024 Bondi Junction: 1<sup>st</sup> Floor, 115 Bronte Rd & Newtown: 196 Australia St Tel + 61 2 9389 7399 Website [www.yogasynergy.com](http://www.yogasynergy.com)  
ABN: 94 082 087 634 Directors: Simon Borg-Olivier MSc BAppSc (Physiotherapy), & Bianca Machliss BSc BAppSc (Physiotherapy)

# ***YOGA NUTRITION & WELLNESS LECTURE***

*with*

***Simon Borg Olivier & Sam Mower***

**Friday 4th September**

**7-9pm**

**At YogaSynergy 115 Bronte Rd, Bondi Junction**

**(please enter via 7 Donald Pl, rear entrance off Birrell St.)**

**Enhance your life by nurturing and generating the internal fire and life force that keeps us alive. In this lecture you will learn about:**

- How breathing can improve circulation, increase mobility & increase energy
- How making your diet more alkaline (eating more fruit & vegetables) can improve your breathing
- How to incorporate nutritional support into a busy lifestyle
- How to beat disease scientifically
- What are the negative effects of exercise



**Simon Borg-Olivier** is a Physiotherapist and yoga teacher, who teaches a unique synthesis of ancient yogic wisdom with modern medical science.



**Sam Mower** is an Exercise Physiologist, Health consultant & Director of [www.harnessyourhealth.com](http://www.harnessyourhealth.com)



**Juice PLUS+**

To register, email your name to [katrina@harnessyourhealth.com.au](mailto:katrina@harnessyourhealth.com.au) Or phone Yoga Synergy on 9389 7399

