

Hatha Yoga Classes

Feel more energized and aware
Improve your posture, exercise your body and
enhance your overall health and wellbeing
in a relaxed and fun environment

Thursdays

(during school terms)

6.30pm to 7.45pm

Classes by Natalie

golden chair yoga

Integrating breath, body and mind

Join this class and calm and focus your mind.

Become more attuned to your body and develop a more
positive outlook on life. No previous experience necessary.

Class Cost: \$12/\$7(concession)

For further details please contact Natalie 0424 197 250

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