



Starts: Tues 9th Feb
Time: 7 15 - 8 45pm

Venue

Yoga Space
Central Arcade

Cost: \$ 60
\$ 40 unwaged

Personal session

- Yoga
- Stress management
- Massage

YOGA

with Thomas Spring

Dip.Sat.Yoga, HP, MNZFG



5-week beginners course

Asana

Stretch & strengthen

Pranayama

Energize, balance, vitalize

Relaxation & Meditation

Wellbeing, focus, concentration

Bookings and enquires

540 3634 or 021 2299 098

