

yoga course for beginners

six week course | one session each week

Breath exercises for energy and relaxation
Common yoga poses for strength and flexibility
Tools for deep relaxation and stress management

ten toes

YOGA & NATURAL HEALTH

time | 7.30 to 8.45pm

cost | \$120 (\$95 concession)

venue | 612 brunswick st, new farm

enquiries | rachel t 0403 606 308

bookings | www.tentoos.com.au

INCLUDES YOUR OWN FREE YOGA MAT!

feel more comfortable in your body

stabilise your weight

support your immune system

build stamina

balance your hormones

improve digestion, circulation and metabolism

have a greater sense of wellbeing