

Yoga Basics



This 6 week course is for those with little or no previous yoga experience. It incorporates elements of Yoga, Pilates and Mindfulness and is designed to help you:

- *Build your strength
- *Increase your flexibility
- *Relax your body
- *Bring balance into your life
- *Calm your mind
- *Improve your posture
- *Sleep like a baby
- *Breathe like you are meant to

March 14th – April 18th

Thursday: 7:30-8:45pm

\$85.00

For further information contact Jude:

www.suburbanyoga.co.nz

03 453 4160 or 027 767 4663