

# Yoga Basics



This 6 week course is for those with little or no previous yoga experience. It incorporates elements of both Yoga and Pilates 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

January 31<sup>st</sup> – March 7<sup>th</sup> 2019

Thursdays: 6:00-7:15pm

\$85.00

For further information contact Jude:

[www.suburbanyoga.co.nz](http://www.suburbanyoga.co.nz)

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