

The Yoga Centre

129 Mulgrave Road

10-week Beginner Course

MONDAYS (12 July – 13 Sept)

4:00PM – 5:15PM

WEDNESDAYS (14 July – 15 Sept)

7:15PM – 8:30PM

SATURDAYS (17 July – 18 Sept)

10:00AM – 11:45AM

Cost

\$130.00

(a full refund will be given if not satisfied after the **first** class.)



**Stretch
Strengthen
Twist
Lateral extension**

Focus is on correcting posture

Contact Jan Watson

4068 7340 or 0438 565 423

yogajan@yogac.com.au www.yogac.com.au