

# The Yoga Centre

129 Mulgrave Road

## Iyengar Yoga for Beginners 5-week Blocks

**MONDAY**

4:00PM – 5:15PM

**WEDNESDAY**

7:15PM – 8:30PM

*Stretch*

*Strengthen*

*Twist*

*Invert*

Start any time as Class programs are ongoing



**Cost : \$65.00**

*Helping you be mindful of your body*

**Contact Jan Watson**

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