

# Yoga Classes



**When:** Tuesday and Thursday

**Time:** 6.45pm to 8.00pm

**Cost:** \$12 per session

*Pay on the night.*

**Instructor:** Elizabeth Whittaker

0411 048 056

**Requirements:** Mat, rug and comfortable clothes.

## Benefits of Yoga

Flexibility

Strength

Muscle Tone

Balance

Joint Health

Pain Prevention

Better Breathing

Stress Relief

Body Awareness

**28–30 Kingfisher Drive, Hewett.**

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