

SUNDAY 25 NOVEMBER 2018

(3 - 4 . 30 P M O R 5 - 6 . 30 P M



REST...RESTORE...RELAX

Restorative Yoga Sunday Nov 25th

Spend your Sunday afternoon restoring and renewing your body, mind and spirit.

The beautiful Boree Log Cottage is the perfect setting to enable your deep restoration. We will practice relaxing and restorative poses with the support of bolsters, blankets and blocks. I guarantee you will feel revitalised and refreshed and ready to start your week.

Spaces are limited so be quick to book in.

Two times to choose from 3-4.30pm or 5-6.30pm

Investment \$30

Upfront Payment secures your place.

Suitable for all levels.

If you would like to book into any of the above classes feel free to contact Angie

Email: angieyassyoga@gmail.com

Text: 0418695321