



YOGA BALANCING MIND & BODY

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SESSION TIMES

TUESDAYS 11 - 11:50am

LOCATION

Dapto Ribbonwood Centre - Kurrajong Hall 2

HOW HARD WILL IT BE?

Not Hard! Suitable for beginner's, seniors and anyone looking for a relaxed class.

This is a Gentle Slow Flow Yin Inspired Yoga Class suitable for every-body

SCAN ME!



AT A GLANCE

COST

- First 2 classes, \$15 each
- \$23 for drop in classes
- \$21, \$19 or \$17 per class on a 5, 10 or 20 class pass

BRING A FRIEND FOR FREE

- Caring is sharing and what better gift to give a friend than the ability to practice yoga with you for free.



ESTHER CREAGH

Yoga Instructor and Psychologist

AHPRA registered Psychologist and 200 hour trained Yoga instructor, Esther is excited to help you on your yoga journey to deeply nurture your mind and body.