



FAMILY FRIENDLY YOGA

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Phone: 0402426288

SESSION TIMES

Fridays 3:30-4:30pm

LOCATION

Dapto Ribbonwood Centre - Scribbly Gum

HOW HARD WILL IT BE?

Not Hard! Suitable for beginner's, kids and the inflexible. Children and babies can attend with caregivers. Call for details: 0402426288

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 YOUR FAMILY

- Balancing self-care with family life is hard, but in this class your children are welcome to attend with you.

SCAN ME!



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.