

Yoga Classes **Mar-Apr 2018**



We are running yoga classes for 6 weeks with yoga teacher Jackie Graham. Call Kira or Rose on **6234 0777** if you are interested in attending or to find out more.

Every Friday from 2 March to 13 April
12.30 to 2pm
piyura kitina - pyramids

Regular yoga practice can help:

- with strength, flexibility and balance
- joint and muscle tension and stiffness
- manage stress and anxiety
- increase feelings of calm and wellbeing
- improve sleep
- body posture

Yoga involves body movement, breathing, relaxation and meditation.

Transport available.



Aboriginal Health Service
Tasmanian Aboriginal Corporation