

Yoga Classes August-September 2017



We are running yoga classes for 8 weeks with yoga teacher Roslyn Alexander. Call us on 6234 0777 if you are interested in attending or to find out more.

Every Friday from 11 August to 22 September 2017
12.30pm to 2pm piyura
kitina pyramids

Regular yoga practice can help:

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

Yoga involves body movement, breathing and meditation.

This is an opportunity to try yoga if you haven't tried it before.

Transport available.



Aboriginal Health Service
Tasmanian Aboriginal Corporation