

**MINDFULNESS
DE-STRESSING
RE-ENERGISING YOGA**

NURTURING, RELAXED & PERSONALISED CLASSES.
IMPROVE YOUR POSTURE & STRETCH CORRECTLY;
ENHANCE YOUR FLEXIBILITY, BALANCE & MOBILITY

Live now.

Learn how to de-stress & enjoy blissful relaxation
in a welcoming environment

DATES: Mondays, 10.30am - 12 noon,
Feb.13, 20 & 27; March 6, 20 & 27

VENUE: Kildara Centre, Rear 39 Stanhope Street, Malvern

INSTRUCTOR: CHRISTINE LOLAS

30 Years member of IYTA

Very experienced teacher of traditional Yoga techniques

COST:\$20 per session

(Or \$110 for 6week block)

FOR FURTHER INFORMATION &
BOOKINGS

CONTACT CHRISTINE DIRECTLY:

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