

# Gentle Yoga Classes

THIS GENTLE FORM OF YOGA IS OPEN TO  
PEOPLE OF ALL AGES AND ALL DEGREES OF  
ABILITY AND FLEXIBILITY.

## KILDARA CENTRE

Rear 39 Stanhope Street  
MALVERN

1:30 to 3:00pm **Tuesdays** 8 Oct – 3 Dec  
(excluding 5, 12 & 26 Nov)

1:30 to 3:00pm **Fridays** 11 Oct – 29 Nov  
(excluding 25 Oct)

Suggested donation: **\$10 per session**  
all props and mats are supplied!

Contact **9509 7906**, [kildara@netspace.net.au](mailto:kildara@netspace.net.au)  
or just come to class as per time above!

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STANLEY LITHCO comes to us from Kilbride Centre in Albert Park where he has been teaching gentle yoga for many years.