

# TUESDAY EVENING WINTER YOGA COURSE

## *DEEPEN YOUR PRACTICE...*

Lorraine kicks off a fabulous 8 week course to build your strength & foundation for the year ahead...

### **Benefits of the course include:**

- build bone strength & structure (good for your hair & nails too)
- release upper back tension
- improve spinal alignment
- calm & relax your nervous system
- commitment & discipline for yourself
- Plus MUCH more!

It's a worthy challenge and you'll feel the difference....

### **BOOKINGS ESSENTIAL**

Phone Bec: 0425 233 583 or pay Lorraine at your next class.

