



## YOGA CLASSES

Wednesday & Friday - 10.30am

Body Beat Gym, Budgewoi

\$13 single or pass, child minding available

Saturday - 8am

Jenny Dixon Park – on the grass

\$13 casual or \$55 for 5 class pass

*BEGINNERS WELCOME*

## MASSAGE

→ Remedial, therapeutic, myofascial, postural assessment, relax massage

→ \$60/hour, health fund rebates available

29 Victoria St. Norah Head

## KIDS YOGA

School holiday classes 6yr-12yrs age

Kids + parents combined

Active After School Coach

Wyong Vacation Care Centers

kids acro yoga



*Making yoga & good health accessible to all*

Matt Wierzbicki | yoga instructor & massage practitioner

[www.sravan.com.au](http://www.sravan.com.au)

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