

YOGA IN THE PARK

2012

*Note: If rain then class will be at Norah
Head Community Hall (75 Bungary Rd)*

Stretch, unwind & breath-in nature

.....FEEL GREAT.....

**Where: Jenny Dixon Park on the
grass (50m north of toilet
block).**

**Costs: \$13 / class or
\$55 for 5 classes
\$90 for 10 classes**

**When: Saturday – 8am
4th Feb to 14th Apr 2012
(no class 10th Mar)**

**Bring: mat, towel
(mats & blankets will be
provided)**

Making yoga & good health accessible to all
Matt Wierzbicki | yoga instructor & massage practitioner

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