

Gentle Yoga

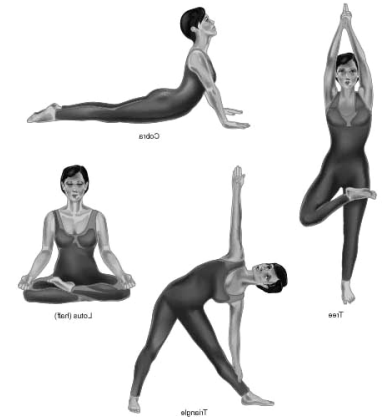
Gentle Yoga class is led an experienced teacher who has been practicing and teaching for over 10 years.

This is a gentle form of yoga that is open to people of all ages and all degrees of ability and flexibility.

Each class finishes with a 10 minute relaxation and all props and mats are supplied.

**Please note: There are no classes between May 17th to May 28th and September 13th to October 1st (inclusive).*

Where: Kilbride Centre, 52 Beaconsfield Parade, Albert Park 3206
When: Fridays from March 5, 2010
Time: 1pm - 2.15pm followed by afternoon tea
Cost: Gold Coin Donation
RSVP: 9690 1076 (book ahead - numbers limited)



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