



# Yoga at headspace

**Free!**



## **Start the Year with Balance and Calm!**

Join our yoga group and set a positive tone for the year ahead!

Yoga is a great way to ease into the new school term, helping you build strength, focus, and relaxation. Whether you're looking to de-stress, boost your energy, or simply take time for yourself, our sessions are perfect for beginners and experienced yogis alike. Come along and kick off the term feeling centered and ready to take on whatever comes your way!

**For more information email:**  
[info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

## **Who**

Ages 12-17, all genders

## **When**

Every Thursday the whole month of February  
5– 6pm.

## **Where**

headspace Joondalup  
22 Reid Promenade, Joondalup

## **Register to secure your spot!**

<https://forms.office.com/r/PSFYm9Xtdj>