



Yoga by the Beach

**Every Wednesday
until
Dec 18th 2019
4:30pm- 5:15pm**

**SPRING INTO WELL-BEING WITH OUR FREE COMMUNITY YOGA
CLASS, ON THE GRASS AT TOWN BEACH
ALL AGES & ABILITIES WELCOME
BYO MAT OR WE CAN PROVIDE
CALL 6588 7300 TO BOOK YOUR SPOT!**

NOTE: DURING INCLEMENT WEATHER CLASS WILL BE HELD AT 12 SHORT ST

headspace National Youth Mental Health Foundation is funded by the Australian Government

