



Hatha Yoga

With Nicole

4369 2601 0404 842 601

Stretch for the joy of stretching with Hatha Yoga

Nicole believes **yoga is for everyone.**
Her classes suit the beginner and experienced student alike

Classes in 3 Locations

Mon 5.30pm at **Evolve Wellness Centre**

Suites A&B York St, East Gosford PH: 02 4322 8868

Bookings are essential. School Terms only

Tues 7.15am at **Priority One Gym**

29-37 George St, Woy Woy PH: 02 4342 5111 **Just drop in**

Wed 6.30pm 'The Yoga Circle'
at **Wadhayi Leisure and Learning**

Cnr Karingi & Broken Bay Rds, Ettalong

Book your place or just drop in. School Terms only

My classes are suitable if you:

- wish to experience peace, joy, strength and confidence
 - have never done yoga before
 - have an injury
- are returning to yoga after a break

Casual class – \$15 (Conc - \$13)

Discounts available when paying Term Fees