

Yoga at Evolve



Term 3, 2012

(23rd July -17th September)

Mondays 5.30pm-7.00pm
Evolve Wellness Centre

Suites A&B 78 York St, East Gosford

PH: 02 4322 8868

Experience joy and calm while strengthening and stretching with Hatha Yoga

During Term 3

You may bring a friend for free (their first visit) to a Yoga Class at the Evolve Wellness Centre

The Namaste Package: \$75 for 5 classes (can be used over 6 weeks) **or \$18 casual**

Mats and cushions are included (if you have a mat please bring it) just bring your body, mind and be open to receive all that Yoga can offer: **peace, strength, confidence, flexibility, stillness, joy and so much more magic.**

Nicole believes yoga is for everyone.

Her classes suit the beginner and experienced student alike

We would love you to join our Yoga at Evolve

All abilities welcome.

**Our space is limited to 10 so
please book yours and your friend's place on**

(02) 4322 8868