

The Yoga Circle



Davistown

Thursdays

School Terms only

10.30am-11.45am

At Davistown Progress Hall

McCauley St, Davistown

Term 1, 2014 (11 weeks)

30th January to 10th April

Nurturing and joyful Hatha Yoga infused with Balinese Yoga teachings to balance our energy centres (chakras).

Nicole's philosophy is that 'yoga is for everyone'.

Each session offers gentle and stronger options to suit every 'body'

Be open to receive all that Yoga can offer

The Aum Package: \$132 for the Term (11 classes)

The Namaste Package: \$65 for 5 classes* (can be used over 6 weeks)

The Namaskar Package: \$55 for 4 classes* (can be used over 5 weeks)

2 Circles Package: \$225 for 2 classes a week for the Term (21 classes)

Or Drop in Casual Class is \$15

Special offer: *if you have attended or are attending any of my Yoga Holidays 'Namaste Bali 2014' or 'Namaste Yolgnu Dreaming' pay just \$110 for the 11 week term package*

**Makeup classes are possible
at the Kincumber or Ettalong Yoga Circles**

Please bring your mat, a blanket and cushion. Some mats are available.

Call 0404 842601 or 4369 2601 to book your place or just drop in

Nicole Turner-Butler

nurtureworks@netspace.net.au

www.nurtureworks.com.au