

The Yoga Circle



Kincumber

Mondays 5.30pm-7.00pm

At Kincumber Neighbourhood Centre

1/20 Kincumber St Kincumber

Term 1 2014

3rd February to 7th April

Nurturing and joyful Hatha Yoga infused with Balinese Yoga teachings to bring balance into 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: \$120 for the Term (10 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)

**These packages to be used consecutive weeks*

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 \$100 for the 10 week term package

Makeup classes are possible at the Ettalong and Davistown Yoga Circles

Please bring your mat, a blanket and cushion.

If you don't have a mat I have some spare.

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