

The Yoga Circle



Ettalong

Wednesdays

6.30pm-8.00pm

At Wadhaygi Leisure and Learning Centre
Cnr Karingi & Broken Bay Rds, Ettalong

Term 1, 2014

29th Jan to 9 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: \$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)

**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 Kincumber and Davistown Yoga Circles

Mats and blankets are available or bring your own

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