

Nurturing and joyful Hatha Yoga 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'

The Aum Package: Ettalong \$96 (8 classes) Davistown, Kincumber \$84 (7 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: \$180 for 2 classes a week for the Term (16 classes) Or Drop in Casual Class is \$15 School Terms only Special offer: if you have attended or are attending any of my Yoga Holidays 'Namaste Bali 2014' pay just \$70/\$80 for the 7/8 week term package You can attend or make up classes at any of the 3 Yoga Circle

Mondays

5.30pm-7.00pm At Kincumber Neighbourhood Centre 1/20 Kincumber St Kincumber Term 2 2014 (7 weeks) 28th April to 16th June

Wednesdays

6.30pm-8.00pm At Wadhayi Leisure and Learning Centre Cnr Karingi & Broken Bay Rds, Ettalong Term 2, 2014 (8 weeks) 30th April to 18th June

Thursdays

10.30am-11.45am At Davistown Progress Hall McCauley St, Davistown Term 2, 2014 (7 weeks) 1 May to 12th June 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 <u>nurtureworks@netspace.net.au</u> <u>www.nurtureworks.com.au</u>