

# **'Goddess Movement'** **at** **InRhythm**

**Saturday**

**2nd April**

**7.30-9.30pm**



Wake up your feminine  
energy with Nicole's  
'Goddess Movement'.

Goddess Movement is a beautiful  
blend of yoga, music dance and  
fun movements designed to stretch  
the body and nurture your  
Goddess soul.

**NO YOGA EXPERIENCE  
NECESSARY**

Release tension as we stretch for  
the joy of stretching in a fun  
Goddess space with like minded  
women. It's truly magical.

**Goddess Movement finishes  
with nibbles and  
drinkable bubbles!**

**Come rejoice, celebrate and  
enjoy the collective  
feminine spirit !**

**Invite your friend/sister/  
Mum/daughter or neighbor to  
share this special occasion.**

**Please  
bring  
a cushion,  
blanket and  
a yoga mat  
(only if you  
have one)**

**THE VENUE is INRHYTHM  
8 Henry Parry Drive  
East Gosford**

**BOOKINGS ESSENTIAL  
CONTACT: Nicole**

**Email: [natureworks@netspace.net.au](mailto:natureworks@netspace.net.au)  
Mobile: 0404 842 601  
Phone: 43 69 2601**

**\$20 a  
Goddess**