

# Yoga at Evolve



## Evolve with Hatha Yoga

*Stretch for the joy of stretching  
With Nicole*

Nicole believes yoga is for everyone,

her classes suit the beginner and experienced student alike.

You will be guided through a series of ancient yoga practices to help counteract the physical, mental and emotional stresses of everyday life.

Experience joy and calm with Hatha Yoga.

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**Classes Commence**

**.....March 2011**

**Mondays 5.30-7.00pm**

**Bookings are essential**

**Evolve Wellness Centre**

**Suites A&B York St, East Gosford**

**PH: 02 4322 8868**

**[enquiries@evolvewellness.com.au](mailto:enquiries@evolvewellness.com.au)**

<p><b>Your Investment is: 5 week pass \$75 OR 1 session \$18</b></p>
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