

## CONTACT DETAILS

**NICOLE**

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# Nuture Works

TERM 1 2012

Nuture Works offers:



**NICOLE'S CLASSES ARE  
OFFERED IN  
3 LOCATIONS**

 **ETTALONG**

**WEDNESDAYS 6.30PM**

AT 50+ LEARNING AND  
LEISURE CENTRE  
KARINGI & BROKEN BAY RDS

\$15 CASUAL OR \$120 A TERM

 **EAST GOSFORD**

**MONDAYS 5.30PM**

AT EVOLVE WELLNESS CENTRE  
78 YORK ST

\$18 CASUAL OR \$75-5 CLASSES

 **WOY WOY**

**TUESDAYS 7.15AM**

AT PRIORITY ONE GYM  
29-37 GEORGE ST

\$15/\$10 CONC

## Stretch into 2012 with Yoga

### Hatha Yoga with Nicole

**Stretch for the joy of stretching.**

**Find joy in stretching**

Nicole believes

**yoga is for everyone.**

Her classes suit the beginner and  
experienced student alike.

Hatha Yoga focuses on alignment.






Nicole encourages you to connect mind  
and body tuning into how you feel and  
what you are able to do NOW, not last  
week or year, and enjoying that.

So listen to your body and nurture it as  
you progress your yoga practice.



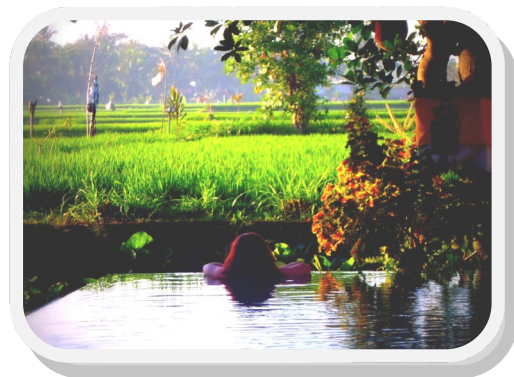
**Nicole's classes  
are suitable if you:**



-  wish to experience peace, joy,  
strength and confidence
-  have never done yoga before
-  have an injury
-  are returning to yoga after a break
-  wish to practice or learn Surya  
Namaskar (Salute to the Sun)

### Namaste Bali

**24th to 30th June 2012, Ubud  
a holiday with yoga**








**Join Nicole as she shares her love of**

**Bali and Yoga with you.**

**Enjoy a relaxing and fun holiday, a 'Yogaventure',  
infused with Hatha and Balinese Yoga.**

**A fully escorted small group tour.**

-  Smile in your heart as you explore magical Bali.
-  Indulge in Balinese feasts and culture.
-  Experience a Purification Ceremony with Nicole's favorite  
Balinese family.
-  Meditate while the rice grows.
-  Join optional day and afternoon tours

**\$1000 Twin Share**

**\$1300 Single**

**Deposit: \$300 to secure your place**

*Learn to nurture yourself.*

*Make it your daily practice*