



Yoga is magical in March!
Wednesdays 6.30pm-8.00pm
Ettalong

50+ Leisure and Learning Centre (All ages welcome)
Cnr Karingi & Broken Bay Rds, Ettalong

Experience joy and calm while strengthening and stretching with Hatha Yoga

For the month of Magical March
Nicole's Yoga class at Ettalong will be just \$10.

Mats, blankets are all included just bring your body, mind and be open to receive all that Yoga can offer: **peace, strength, confidence, flexibility, stillness, joy and so much more magic.**

Even better you may bring a friend for free
(First class only, thereafter during Magical March its \$10 each)

Nicole believes yoga is for everyone.
Her classes suit the beginner and experienced student alike

Call to book your place Or just drop in

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