

CONTACT DETAILS

NICOLE

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www.nurtureworks.com.au



Nurture Works

TERM 2 2012

Nurture Works offers:



NICOLE'S CLASSES ARE
OFFERED IN
3 LOCATIONS

OM ETTALONG

THE YOGA CIRCLE

WEDNESDAYS 6.30PM

AT WADHAYI
KARINGI & BROKEN BAY RDS

\$15 CASUAL OR PACKAGES

OM EAST GOSFORD

MONDAYS 5.30PM

AT EVOLVE WELLNESS CENTRE
78 YORK ST

\$18 CASUAL OR \$75-5 CLASSES

OM WOY WOY

TUESDAYS 7.15AM

AT PRIORITY ONE GYM
29-37 GEORGE ST

\$15/\$10 CONC



Fall into Autumn with Yoga

Autumn is an
opportunity for Transformation
and Letting Go.

According to the ancient system of Ayurveda, a sister science to yoga, air is the predominant element in Autumn. The temperature drops and Nature is crisp and brittle which effects our own systems, joints can feel stiff and there can be a chill in our bones. At this time of year we can feel restless and ungrounded.

In terms of our yoga practice we need to ground from our feet up and connect to the earth. During this Autumn term we will focus on strong standing poses and holding poses a little longer to help ground. We will breathe our way through our practice, moving smoothly and slowly through Surya Namaskar and focus on calming, warming and grounding postures. A longer Savasana than usual is also recommended as part of an Autumn practice.

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.

Contact Nicole for details:
yogaventures@netspace.net.au



Yoga is a light, which once lit, will never dim.
The better your practice, the brighter the flame.
B.K.S. Iyengar