

YOGA

Beginners 8 week Course

calm, conscious, creative

Begin your yoga journey by
learning the foundations of a
fully integrated yoga practise
including physical poses,
breathing techniques
& meditation.

Cost:

8 week pass - \$100.00

Concession - \$80.00

4 week pass- \$55.00

Concession - \$45.00

Payment method:

Direct deposit into GNCL Bank account
or card payment at GNLC

When:

Commencing Saturday 6th February 2021
8.30am-9.30am

To register:

Phone-9304-3910

Email-nhcoordinator@glenlink.vic.edu.au

Visit our web page- www.glenroynlc.org.au
or leave a message on our Face Book page

Where:

Glenroy Neighbourhood Learning Centre
5b Cromwell Street, Glenroy

Teacher:

Stephanie Bradford is a 350hr certified Yoga
teacher registered with Yoga Australia