



Glenroy
Neighbourhood
Learning Centre

YOGA

Level 1

8 week Course

calm, conscious, creative

Nurture & develop your Yoga
practise & feel the beneficial
effects flourish throughout
your whole being & extend
out into your world.

Includes 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 GNLC bank account
or card payment at GNLC*

When:

Commencing Saturday 6th February 2021
9.45am-10.45am

To register:

Phone-9304-3910

Email-nhcoordinator@glenlink.vic.edu.au

Visit our web page www.glenroynlc.org.au

Leave us 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



Neighbourhood Houses
The heart of our community



Moreland City Council