



Glenroy
Neighbourhood
Learning Centre

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- \$110.00

8 week conc- \$95.00

4 week pass- \$60.00

4 week conc- \$52.00

Payment method:

Direct deposit into GNLC Bank account
or card payment at GNLC

Where:

Glenroy Neighbourhood Learning Centre
5b Cromwell Street, Glenroy

When:

Commencing Saturday 24th April 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

Teacher:

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

