

Yoga Ground



Relax and restore body, mind and heart with gentle yoga postures, calming breathing practice and Yoga Nidra deep relaxation.

Classes facilitated by Janaki, a qualified yoga teacher in the Satyananda tradition.

(Please bring a blanket and cushion if you have it)

When: Mondays 10.15am - 11.45am

February 24th, March 2nd, 9th, 16th

Where: WRC, 14 Peden St, Bega

Cost: Gold coin donation

Contact Jane at WRC on 64921367 to book your spot