

# YOGA SMALL GROUP COACHING

*With Karen*

## FOUNDATION YOGA SKILLS

TUESDAYS 8.45AM - 9.45AM

STARTS 24 NOVEMBER 2020



## YOGA PROGRESSION & BALANCE

FRIDAYS 11.30AM - 12.30pm

STARTS 25 NOVEMBER 2020

### TAKE YOUR YOGA PRACTICE TO NEW LEVELS

4 WEEK PROGRAMS – MAX 8 YOGIS PER GROUP

\$88 FOR HEALTHMATES MEMBERS / \$116 FOR NON-MEMBERS

RESERVE YOUR PLACE TODAY



**HealthMates**  
Fitness Centre

2B Brett St, Revesby | 8707 6930 | [healthmates.com.au](http://healthmates.com.au)