



TEEN YOGA

for high school students

STRENGTH * SUPPORT * INNER PEACE

Mondays 4-5pm

9th May - 5th Dec 2016

Yoga Health, Woolcock Centre, Currajong

** no class on public holidays or school holidays*

Cost: FREE * *Donations welcome*

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IMPROVE FOCUS * DE-STRESS * LEARN WAYS TO FEEL GREAT

