

Moving Into Stillness



Mindfulness-based Yoga & Meditation with Lisa Pollard

Classes for 2019 1/16 Albert St, Wickham, 2293 - Hunter Badminton Ass

Classes will only be held on Wednesday

Term 3 Aug 7th - Sept 25th

Term 4 Oct 16th-Dec13th

Class Time 10am-11:30am

There will be no classes in school holidays or public holidays

This gentle yoga class is based on mindfulness practices, incorporating the union of breath & movement to prepare the body for meditation and present moment awareness. Yoga improves circulation throughout the body, reducing stiffness, building strength, flexibility, mobility & lowering stress. Each class includes guided yoga, restorative yoga & mindfulness meditation. This class is suitable for beginners to experienced practitioners, pre & post natal, seniors & those recovering from injury or illness. **Prices: Casual \$22 Waged & \$18 Concession** - Please bring a yoga mat and wear loose comfortable clothing that doesn't restrict your breathing or movement. **Yoga mats for sale at the venue \$30 each. Call Lisa 0403 186 146** if you have any questions about suitability for the above classes or are interested in private yoga consultation \$242/ 90 minute

lisapollard@mail.com www.lisapollard.com Lisa Pollard Yoga - Free App