

Moving Into Stillness



Mindfulness-based Yoga & Meditation with Lisa Pollard

Classes 2020 & 2021 1/16 Albert St, Wickham, 2293 - Hunter Badminton Ass

Wednesday Yoga Classes 10am-11:30am - Fee Increase & payments via EFT

Term 4 Oct 14th - Dec 16th 2020 & Term 1 2021 Feb 3rd - Marc 31st

Covid Safe Plan with social distancing, please bring your own yoga mat.

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 \$24 Waged & \$20 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