



Yoga
Wednesdays 4-5pm
Instructor: Terina Dent

If you are aged 12—25, and interested in Yoga come in to headspace Cairns on Wednesdays 4-5pm.

Weekly sessions with Terina Dent from Yoga & Movement –Cairns.

Limited mats provided, please bring a mat if you have one

Where: headspace Cairns
When: Wednesdays 4-5pm
More Info: 4041 3780



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