



headspace
Bankstown

Join Our Yoga Group 'Clearspace'

- + Yoga instructor Lauren has done Yoga personally for many years & was trained in a traditional Indian yoga school in India
- + Incorporate positive yoga philosophy & stories into classes
- + The type of yoga is Vinyasa flowing yoga plus meditation & breathing techniques creates a mind & body connection
- + Beneficial both physically (balance, strength, flexibility, core) & mentally
- + Caters to all levels
- + Classes will explore a variety of postures, including fun, challenging & partner/group poses
- + A great way to both energise and relax the body

Included activities:

- + Mandala drawing
- + Aroma therapy jars
- + Dream boards
- + Various art, string & water colours activities
- + Making homemade face masks

When

Monday 4-6pm (4 week term)
14 March, 21 March, 4 April & 11 April

Conditions

Free, all ages, limited spots (8 people)

Where

headspace Bankstown

Contact

9393 9669 or
headspace.bankstown@richmondpra.org.au

