

Harmony Support Links presents
dynamic **YOGA**

*Sandra intends to bring
harmony to your body, mind and soul,
through
stretching, moving, breathing & thinking
in a coordinated way.*

*This general yoga class
is a combination of many yoga disciplines
that aim to de-stress your body and mind*

Book 07)38479943

Wear comfortable clothing



Where:

Paradise Kids

44 Newdegate Street
Greenslopes QLD 4120

When:

Wednesdays

Children: 3.30-4.15pm

Adults: 4.30-5.45pm

Cost:

\$15 per session

\$12 per session for 6

