

6 week Course

Monday February 20th to 26th March 2012

10.30am to 1.00pm

For women of all ages

Feel nurtured and relaxed.

Focus on healthy mind, body and spirit.

*Small changes in our life can
and do make a difference to
how we feel and behave*

The program blends personal
development processes, simple
yoga (no experience necessary)
and meditation to promote
resilience, strength
and coping strategies.

FACILITATED BY
NICOLE TURNER

*Bring a yoga mat (if you have one),
cushion, blanket, sense of fun!*

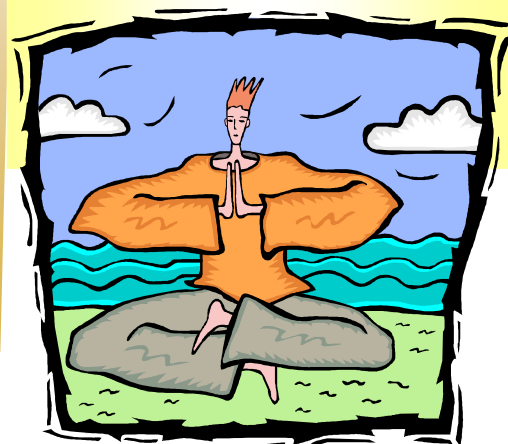
Cost is \$6 per week

Bookings: 4363 1044

or email :kdncinc@bigpond.net.au

A Kincumber and District Neighbourhood Centre Course

Feelings Good



Learn to nurture yourself.
Make it your daily practice