



YIN YOGA IN ULVERSTONE



\$15 PER CLASS OR
\$120 FOR A 10 CLASS
PASS

MONDAY &
WEDNESDAY 6PM

These classes are mixed men and women

Beginners Welcome

Gentle Poses supported with cushions, blocks & blankets

Classes incorporate Aromatherapy & Sound Healing

COME EXACTLY AS YOU ARE
LET GO OF ALL EXPECTATIONS
RETURN TO YOUR HEART
COME HOME TO YOURSELF
BREATHE. SMILE. BE.

A DEEPLY NURTURING EXPERIENCE

*Mel's classes are described as
"an all over self body massage"
"very relaxing"
"creates more calm in my life"*

Booking Essential Ph: 0437631294

