

INTEGRATED MARTIAL ARTS WELLBEING CENTRE



Meditation & Chi Yoga



☯ INNER PEACE, HEALTH, WELLBEING AND EMPOWERMENT ☯



☯ **TUESDAYS FROM 6:30 AM TO 7:30 AM** ☯
☯ **WEDNESDAYS FROM 5:40 PM TO 6:40 PM** ☯

(87 Islander Rd, Pialba ~ Phoenix Court)

Price: Option 1 (Casual) \$12 adults or \$10 child • Option 2 (10-Visit-Card) \$110 adults or \$90 child

