

# 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) \$10 adults or \$8 child • Option 2 (10-Visit-Card) \$90 adults or \$70 child

