

# CONSCIOUS LIFE YOGA

Modern Yoga for Mindful Living

New Summer Term

Align 7.15 - 8.30 pm Tuesdays  
"Fine Tune and Let Go"

Vinyasa 9 - 10.30 am Saturdays  
"Activate and Invigorate"

Classes at Scotland Island Community Hall  
\$20 casual, \$175 - 10 classes, \$150 - term  
Claim on your Health Fund \*

See [www.consciouslifeyoga.com.au](http://www.consciouslifeyoga.com.au) for more details

\* Certain conditions apply