

Come and Enjoy

DRU YOGA

in

The Community Hall, Scotland Island

Tuesdays, 9 am to 10.30 am

\$ 20 per class, \$75 for 4 classes.

Through graceful sequences of movement, pranayama asanas, relaxation and meditation, you can release tension and experience the full joy of life.

Suitable for all fitness levels and ages.
Bring a mat, blanket and a bottle of water.

Beginners welcome.

First class is complementary

Ring Katya on 0414 187 916