

Yoga on Scotland Island

NEW CLASS: Monday Easy Hatha

7pm - 8:15 pm

Saturday Vinyasa 8:30 - 9:45am

in the Community Hall

\$30 for one month - new student offer

Nadine is a senior teacher under Yoga Australia, having taught students of all levels in the UK and in Australia over the past 12 years.

She also offers birth education, doula and pregnancy yoga services.

www.consciouslifeyoga.com.au

