

Yoga @ Elvina Bay

FREE 1st Session: Yes! Come try before joining ☺



When: Each Friday

Time: 9am

Where: Park near Elvina Bay Fire Shed

Length: 1 Hour

Who: All Fitness levels & All Ages

Cost: only \$20 per class

**1st Session FREE trial... Yes try before joining!
sms "BayYoga: Your Name" to 0402 752 465 to
book your free trial class ☺**



Build your inner and outer strength...

Nadine

Nadine O'Mara

Teacher / Director of Conscious Life Yoga,
British Wheel of Yoga Teaching Diploma,
Perinatal Yoga and Baby Yoga Diplomas

