

Anusara Yoga Classes

- Yoga has been Dominique's passion for 22 years
- Her classes offer: -
 - fun
 - lightness of spirit
 - and precisionwhich will bring a sense of aliveness, calm & centeredness.
- Classes are suitable for all levels/ages
 - and those dealing with physical pain/challenges can be offered effective poses for healing and relief.



**For 10 weeks: Thursday 13th Oct to Thurs 15th Dec
\$22 casual per class (mats, blankets etc provided)**

Discounts for multi class packages

7.00 pm to 8.30 pm

In the Community Hall on Scotland Island

Need more information?

Come along to a class or contact: -

Dominique Marill on 0421 762236