

*“Help us to live slowly  
To move simply  
To look softly  
To allow emptiness  
To let the heart create for us”*

*Michael Leunig*

*Warm the cockles of your heart with Vinyasa Yoga  
On Scotland Island*

*Saturdays at 9 – 10:15am in the Community Hall  
New students \$25 for 2 weeks or \$22 per drop in / \$195  
for 10 class cards*

*Adaptable to all levels, including beginners.  
Nadine is a senior teacher under Yoga Australia and has  
been practicing yoga for more than 20 years.*

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