



HEALTHY YOGA

FREE 8 WEEK PROGRAM

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Fri 14th Feb to Fri 3 April 9.30am to 10.15am

@ Community Hub, 12 Elizabeth Street, George Town

PROGRAM PARTNER

Yoga for You

FREE 8 Week Program!

Everyone is invited to attend these FREE yoga session. The benefits of practicing yoga go beyond burning calories and toning muscles, with many other physical and mental benefits gained from the total mind-body workout.

OTHER INFORMATION

All ages and abilities welcome and feel free to come to one or come to all.

CONTACT DETAILS

Christine Hiltner

yogaforyoutasmania@bigpond.com

0427 824 759

HOW TO REGISTER

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session OR
2. Register online at:
healthytasmania.com.au/Registration/ OR

3. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone to a session and scan the QR code on your phone with the session coordinator's phone.

