



HEALTHY YOGA

Thursday's 1st of July to 19th of August | 5:30pm to 6:30pm

@Memorial Hall, Macquarie Room, George Town (week 2 and week 7 sessions in the Memorial Hall)

PROGRAM PARTNER



FREE 8 Week Program!

Enjoy the physical and mental benefits of practicing Yoga. With mindful movements to improve strength, flexibility, posture and balance.

OTHER INFORMATION

Please wear comfortable clothing, bring a drink bottle and arrive 15 min before the start time. Come to one or come to them all!

CONTACT DETAILS

Ruth Murphy
nomadicwellbeing@gmail.com
0478 905 507

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.

