



Yoga ~ Meditation ~ Mindfulness

Healthy Body ~ Healthy Mind

Starting Monday 3rd August 2020 6:30PM – 7:30PM

Whitford Family Centre

Join me for a slow flow yoga class every Monday night. Suitable for all.

First class (3rd August) is FREE – no obligation to attend further.

Ongoing cost is \$10 pay as you go or buy a pass and save \$\$

Numbers are limited. Please book in ASAP to reserve your spot

BYO mat and a blanket or warm clothes for a relaxing meditation at the end

Learn more about me and what my students have to say on FB

<https://www.facebook.com/suiivness>

suiivness@gmail.com 0451 462113

Suiivness offers a variety of yoga classes for adults, over 55s, kids, and mums and bubs.

Principal teacher:

Sue Dowling, PhD, MSc, BSc. Dip. of Yoga Teaching (500 hours)



Happy Activities

Music and Movement

Suitable for children aged 1-5years, with parent/caregiver participation

Run by Qualified Music Educator – Jacinta Tremayne

Whitford Family Centre

Thursdays

9:30am Registration

9:40am-10:10am Class

\$10 first child, \$5 each sibling (siblings under 1 year are free)

No bookings required

Music appreciation through play.

Singing, Dancing, Listening, Playing, Creating, Variety of Musical Styles,

Action Songs, Instruments, Fun Accessories, Themes

For more information:

Email: happyactivities@hotmail.com

Facebook: fb.me/happyactivities

