



Living Well YOGA



STARTS TUESDAY 21st of MAY

In the Live Well Tasmania Community Centre
28 Saunders Street, Wynyard
(opposite the Council Chambers)

Yoga for wellbeing, quality of life, physical fitness and relief from stress.

No prior knowledge needed.

- ॐ **RSVP Preferred:** Help us to plan and avoid disappointment. But come along anyway.
- ॐ **Information:** facebook.com/livewelltasmania ; lifeasart@zoho.com ; Mark 0400 883 299
- ॐ **Classes: Tuesdays: 2:00 p.m. and 5:30 p.m. Fridays: 2:00 p.m. and 5:30 p.m.**
- ॐ **Attendance:** First class, please arrive 10 minutes early to complete a health questionnaire.

www.lwt.org.au