

KI YOGA

WARRIEWOOD CLUBMEMBERS ONLY

SPRING INTO SPRING

Spring is a time for fresh new ideas and ventures.

Ki Yoga combines traditional Hatha yoga postures and teachings with Chinese and Japanese healing arts to create an effective, dynamic and therapeutic practice.

Ki Yoga classes work to: -

- * Strengthen and support the lower back.
- * Increase your range of movement and flexibility.
- * Improve strength, balance and co-ordination.
- * Improve circulation.
- * Clear the mind.
- * Tone the body and build up energy.

Complimentary **FREE** class for all new comers during Spring.

Cost: \$10

Thursdays at 6pm Warriewood Surf Club
Contact Yoland 0404465485 or Rick 0418 272 071

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