

Lynette B Yoga
Yoga for life

Meditation & Mindfulness for Life 8-Week Course

This 8-week course focuses on bringing awareness, clarity and calm into your life in practical ways.

The course covers a wide range of techniques including breath awareness, grounding, body connection, mindful body scan and more.

Course suitable for beginners and those wanting to re-establish their meditation practice.

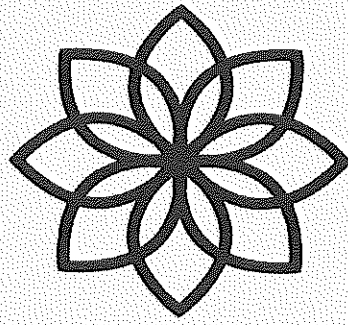
Starts Thursday 16th February 2023, 6pm

Please contact me to book your place.

Classes held at
The Guide Hall
7 Furnival Street
Narrogin

Contact Lynette Blechynden
for further details
0428 131 656
lynettebyoga.com.au

LynetteB Yoga  



Lynette B Yoga
Yoga for life

Term 1 Classes

| | | |
|------------|-------------------------------------|--------|
| Tuesdays | Hatha Yoga (strength & flexibility) | 6:00pm |
| Wednesdays | Hatha Yoga (strength & flexibility) | 9:30am |

Classes practice yoga at a slower pace, focusing on the breath, controlled movements and stretching, finishing with a guided relaxation to absorb the benefits of the practice.

All levels and experience welcome, including beginners.

Classes start Tuesday 31st January 2023

Classes follow school terms.

Classes held at
The Guide Hall
7 Furnival Street
Narrogin

Contact: Lynette Blechynden
for further details

0428 131 656

lynettebyoga.com.au

LynetteB Yoga  