

# YOGA — Tuesday 9.15am commencing 23/2/10

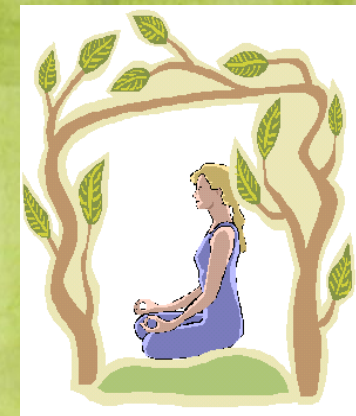
Relax    Stretch    Breath    Meditate

*The yoga classes include a system of active stretch, breathing techniques and relaxation methods. Yoga develops strength, tone and flexibility in the body, releases stress and brings a sense of calm quiet to the mind. Yoga is a complete form of exercise, benefits include:*

- *Increases energy and vitality*
- *Postural alignment*
- *Corrects back and neck problems*
- *Injury prevention*
- *Sports rehabilitation*
- *Strengthens immunity*
- *Relieves stress, tension and headache*
- *Improves flexibility*
- *Regains physical condition*
- *Medical and emotional balance*

*All equipment provided, however, students are welcome to bring their own yoga mats if desired.*

**COST: \$4**



**CLASSES HELD AT  
OXENFORD-COOMERA  
COMMUNITY YOUTH  
CENTRE**

***Every Tuesday 9.15am  
Commencing 23<sup>rd</sup> February***

*Class open to all levels including  
beginners, intermediate and experienced  
students.*

*Phone 5580 4993 or email  
[adminc4c@lifelinegoldcoast.org](mailto:adminc4c@lifelinegoldcoast.org) for  
further information*

**\$2 CHILDMINDING AVAILABLE BOOKINGS ESSENTIAL**

**PHONE 5580 4993 TO BOOK CHILDMINDING**

Communities for Children is an initiative of the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs



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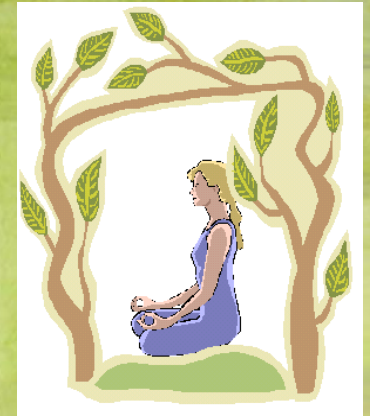
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# YOGA - Thursday at 5.30pm commencing 25/2/10

Relax    Stretch    Breath    Meditate

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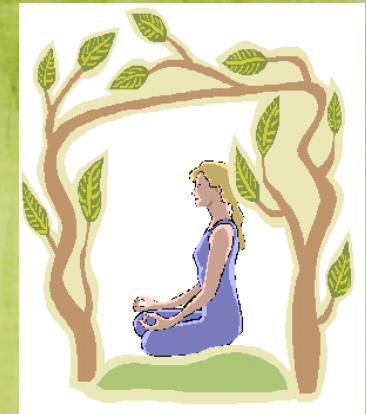
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