

NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN



RELAXATION

postures to reduce and eliminate stress

STRETCHING

to become more toned and more flexible

Thursday evening

6pm – 7.15pm

Yoga (Open Level) Active stretching with supported postures, breathing exercises (pranayama & qi qong).

Cost \$10 per session

No Childminding Available

BREATHING

techniques to regulate the body's energy

EXERCISES

to relax and tone the muscles

YOGA

Saturday morning

11am – 12.15pm

Yoga (Open level) Active stretching along with supported postures, breathing exercises (pranayama and qi qong) and relaxation.

Cost \$4 per session

No Childminding Available

Classes are held at Oxenford & Coomera Community Youth Centre, 25 Oxenford Tamborine Road, Oxenford

How To Sign Up Please phone 5580 4993

Do you require more specific information about our classes?

Please phone Adrian on 0435 889 032

Please note classes take place during school term only. For further information please phone 5580 4993 to avoid disappointment.

