

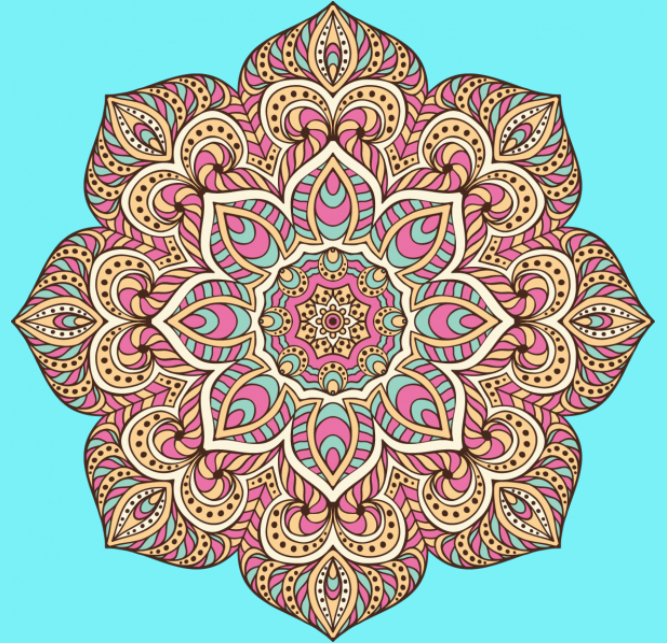
ENCOUNTER YOGA

BREATHING SPACE BREATH AND MEDITATION

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Pranayama (breath practices), Meditation and Mindfulness practices to bring you into awake awareness; benefitting busy minds, improving focus and concentration; releasing stress and increasing relaxation.

Enabling you to live more fully in the present moment.