

# LIVING CALM-



*"This class has been a gift"*

## Gentle Jewish Yoga:

## Relax, meditate & stretch

Are you interested in joining a Zoom class which offers physical and well-being activities including gentle stretches, deep relaxation, breathing practices, gentle yoga postures and meditation?

It is run by yoga teachers Deb Absler & Pippa Evers. People of all ages, body shapes and experience are welcome.

We adapt activities to those sitting on a chair or on a yoga mat.

**Living Calm: Gentle Jewish Yoga occurs on Thursday mornings between 9.00 and 10.30**

(includes an optional catch-up time before & after the class)  
**and fortnightly on Sundays from 10.00 – 11.00a.m.**

**Class fees: \$10.00**  
(reduced fee also an option)

Please contact Deb on 0419 340 684  
or [deborah.absler@bigpond.com](mailto:deborah.absler@bigpond.com)  
for more information

