

LIVING CALM-

Gentle Jewish Yoga:

Relax, meditate & stretch



"This class has been a gift"

Are you interested in joining a weekly 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).

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

Please contact Deb on 0419 340 684
or deborah.absler@bigpond.com
for more information

