

Life source

YOGA

and

Mindfulness



**STRONG BODY
CALM MIND**

Tues 10.30am St. Nicholas Church, Ohope

Tues 5.30pm 40 Te Tahi St, Whakatane

Weds 5.30pm St. Nicholas Church, Ohope

6th Nov - 11th Dec - 6 weeks \$60 or \$12 Casual

www.lifesourceyoga.co.nz • lifesource@extra.co.nz

Enquiries & Bookings - Christine - 021 841 888