

# YOGA GLEN EDEN

Improve your movement and breathing with yoga

Thursdays ( school term)

6:30 PM - 7:30PM

For Booking contact

Cherish Camacho :

02108768004

## ABOUT THE CLASS

Classes are focused on improving mobility, strength, better breathing and overall health of the body, mind and spirit with yoga

Price scale

\$5 to \$15

Location : Glen Eden community house 13 Pisces road

