



Yoga in the Community is a tool to support the people of our communities with: mental, physical and spiritual health, awareness, vitality, purpose & connection to ourselves & each other. It will accommodate the person that comes to class with one goal in mind such as to experience better flexibility, relieve symptoms of pain & cancer, or other dis-ease of the body and mind or to overcome disorders such as hypertension, depression, even to lose weight, as well as the support mental & spiritual development of those seeking more than the physical benefits. *Offered by Carmen - a longtime experienced, student & teacher of Yoga.*

Practice time offered every **Tuesday** through out the year @ the **Wanaka St Johns Rm - 9.30am**. The venue space is generously donated by a student benefactor which allows for a *no-one-to-be -turned-away* philosophy. If you are able to pay \$12 per casual or \$10 for concession. Your donation supports Carmen with a contribution to living costs and to the St Johns Voluntary organisation.

Details

- Email: takeuhigher@gmx.com
- Phone: 0223265019
- Address: Wanaka St Johns Room

Website

abundant.earth