

Moving Into Stillness



Mindfulness-based Yoga & Meditation with Lisa Pollard

Classes 2022 1/16 Albert St, Wickham, 2293 - Hunter Badminton Ass

Wednesday Yoga Classes 10am-11:30am - All payments via EFT after class

Term 4, October 26th - December 14th, 2022

**Covid Safe Plan, social distancing, please bring your own yoga mat & towel
to cover props.**

This gentle yoga class is based on mindfulness practices, incorporating the union of breath & movement to prepare the body for meditation and present moment awareness. Yoga improves circulation throughout the body, reducing stiffness, building strength, flexibility, mobility & lowering stress. Each class includes guided yoga, restorative yoga & mindfulness meditation. This class is suitable for beginners to experienced practitioners, pre & post natal, seniors & those recovering from injury or illness. **Prices: Casual \$25 Waged & \$22 Concession** - Please bring a yoga mat and wear loose comfortable clothing that doesn't restrict your breathing or movement. **Call Lisa Pollard 0403 186 146** if you have any questions about suitability for the above classes or are interested in private yoga & mindfulness consultations. All payments via EFT after class, direct to Lisa Pollard, a text message will be sent after each class for payment details.

lisapollard@mail.com www.lisapollard.com Lisa Pollard Yoga - Free App