



## BEGINNERS YOGA!

Yoga is an amazing health practice...  
reduce stress, relax and revive your  
body, mind and spirit... all levels  
of fitness welcome.

### **SPRING AND SUMMER TIMETABLE**

Month	Dates (5 days per month)
October 2011	Thurs 20th – Mon 24th
November 2011	Fri 25th - Tues 29th
December 2011	Fri 16th - Tues 20th
January 2012	Thurs 19th - Mon 23rd
February 2012	Sat 18th - Wed 22nd

5 classes daily: 10am, 12 noon, 2pm, 4pm, 6pm  
(class duration 1 hour)

\$20 per class (\$18 for concession holders)  
or a 10 class pass is \$180

RCC Training Rooms, Shop 6, Wynyard Centre,  
Wynyard Street, Tumut

**Bookings essential**

**Phone 0410 538 844**

**or email [tracy@yogaandwellbeing.com.au](mailto:tracy@yogaandwellbeing.com.au)**

Private sessions and workplace yoga  
also available, please call for more information.

*"... I have attended many different yoga classes in the  
last 15 years, but Tracy's personalised program  
was by far the best..." Dana B*

[www.yogaandwellbeing.com.au](http://www.yogaandwellbeing.com.au)