



**Kingston East Neighbourhood Group Inc.**

# YOGA



**Gentle Yoga Session with a Tai Chi warm-up.**

**Relax the mind and body.**

**Build core strength, balance and flexibility.**

**Suitable for all ages and abilities including seniors, women who are pregnant, people looking for a more relaxed work out or people who are quite fit yet lacking in flexibility.**

**Teenage children welcome to participate in the activity.**

**Wear comfortable/flexible clothes.**

**Bring a Yoga mat or thick towel if possible  
(a limited number will be available to borrow).**

**NO COST**

**Light refreshments to follow.**

**TUESDAYS from 3pm to 4pm**

**(during the school term)**

**To register please contact the Centre on 3808 1684.**

**KINGSTON EAST NEIGHBOURHOOD GROUP INC**

177 MEAKIN ROAD, SLACKS CREEK 4127

p: 07 3808 1684 ♦ f: 07 3209 4271 ♦ e [admin@keng.org.au](mailto:admin@keng.org.au)

[www.keng.org.au](http://www.keng.org.au)





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