

YOGA CLASS

RELAXATION TECHNIQUES &
WELLNESS EDUCATION

Program code: **YC01**



Topics & Outcomes:

RELAXATION

HEALTHY FOOD CHOICES

CULTURAL EDUCATION

BASIC YOGA TECHNIQUES

FITNESS

HEALTHY LIFESTYLE



Tuesdays
9.00am - 3.00pm



3 McAuley Place, Waitara



NDIS funding

Develop your yoga practice with using traditional yoga techniques. This program will encourage you to branch out further than just practical yoga skills, teaching healthy eating, the importance of walking and the benefits of meditation. This program will take a look at other cultures and their wellness and health practices.

COME JOIN US

Disability Futures

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