



Kati's Relaxation and Guided Meditation

New Seniors Classes for Mind and Body Starts Feb 2017

Kati is starting another gentle stretch and meditation class for seniors.

7 week classes commencing first term of school year.

Improve flexibility, strength, easing tightness and tension in both body and mind.

A variety of methods and techniques;

Suitable for anyone wishing to live a happier healthy life.

Book now to secure your place...limited 6-8 persons

1:30pm -2:30pm Tues, Wed or Thur. (to be decided)

Sth Yarra Community Hall **12 Surrey Road, South Yarra 3141**

Contact Kati Patterson 0419 003 803 katip@optusnet.com.au