

AFTER SCHOOL YOGA

for Secondary School Students
at Central Ringwood Community Centre

Mondays 3.35pm Term 3

Where: Central Ringwood Community Centre. Bedford Park, Rosewarne Lane (opposite Ringwood Secondary College)

When: 10 weeks in Term 3

Mon 17 July – Mon 18 Sep 2017

For: Boys or girls, no exp. necessary

Investment: \$100 (pay \$90 early bird by Sun 9 July*). Casual \$15 p/class**

To book: <http://fimckyoga.weebly.com>

or email fimckenzieyoga@gmail.com

or 0408321991  [@fimckyoga](https://www.facebook.com/fimckyoga)



Stressed? Worried? Need a break?

Learn mindful techniques to help with school, manage stress and balance your body. You do NOT need to be flexible to attend.

Look after your body. Look after your mind.

Fi McKenzie is an experienced Yoga teacher, Registered Children's Yoga Teacher and Yoga Australia member. She has a current Working with Children Check, National Police Check and First Aid qualification.



*Minimum student numbers apply for program to run **Casual availability depends on maximum attendees at teachers discretion