

Nurturing yourself benefits you and your family

Uncovering the real you through nurturing modalities can reveal clarity, peace and contentment. Deeper connection with you creates an environment of **health, happiness and harmony**, which benefits your relationships with family and others.

Yoga, Guided Meditation, Chanting & Chai

Tuesday and Thursday's 7pm – 8.30pm

at **HIRL**, 333 North Boundary Road, Hamilton

Yoga is \$20 for a single class and \$30 for 2 classes per week



Ahhleeyah Grace
wellbeing mentor for the whole family.



beeloved essence

meditation • massage • mindfulness

Ph +61 478 711 247

beelovedessence@gmail.com www.beelovedessence.com