

# Yoga Above & Beyond with Evolve In2 Fitness

## *Vinyasa Flow* for all levels

***\*Free\**** 4 weeks course

- **Date:** July 28<sup>th</sup>, Aug 4<sup>th</sup>, Aug 11<sup>th</sup>, & Aug 18<sup>th</sup> (Sat)
- **Time:** 8.15 – 9.15 am
- **Place:** Kew East Scout Hall, 13 Glass Street Kew East

***Build Strength and Flexibility***

***Improve Fitness***

***Promote Health & Relaxation***

**No booking required please arrive 15 minutes early to register. Feel free to bring your own mat, block & towel (all optional). Few mats available in class.  
Enquiry: 0408 408 246 (Debby), [yogaaboveandbeyond@gmail.com](mailto:yogaaboveandbeyond@gmail.com)**