

Health & Wellbeing



HATHA YOGA

With Spyros Topalis

Yoga improves health, fitness & tones the whole body. Increase your vitality and quality of life while gaining strength, flexibility and balance physically, mentally & emotionally. Suits all ages, beginner or experienced.

Mondays 7.00-8.15pm 29th Apr-24th Jun (excl.10/6) Cost \$120

Thursdays 7.00-8.15pm 2nd May-27th Jun (9 weeks) Cost \$135

COME JOIN US!!

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SELBY COMMUNITY HOUSE