

EYNESBURY DISCOVERY CENTRE

YOGA AND MEDITATION



Brand new yoga and meditation classes are coming to Eynesbury Discovery Centre! These yoga classes are designed to align and calm your body, mind and spirit through exercise, breathing and relaxation. Delivered by an experienced and passionate yoga instructor, Khushdilben, you'll have an opportunity to stretch, unwind, and release tension while strengthening and promoting flexibility in the body.

Suitable for men and women of any age and ability. Please bring along a yoga mat to each session.

WHERE: Eynesbury Discovery Centre
479 Eynesbury Rd, Eynesbury, 3338

DATE: Wednesdays: 27 April – 22 June, 2022

TIME: 10.30am -11.30am

COST: \$5

BOOK: meltonlearning.com.au

INFO: 0499 500 875 | haidis@melton.vic.gov.au

