

SOLE TO SOUL

Increase your Life Force and feel good from the toes up

Yoga practices designed to help you relax, restore and revitalise

Time to Unwind

Pedi Cure - repair tired feet and restore the entire body

Lift 4 Your Legs - relieve aching legs and improve circulation

Body Bliss - reduce pain and improve flexibility in the spine, lower back and hips

Shoulder Shimmer - release tension and feel good in the chest, shoulders and arms

The Head Massage - unwind the mind, relieve head aches and improve brain function

Breathing Space

Breathing..... for digestion
to stay calm in challenging situations
to rest and sleep well
to develop compassion for yourself
to support others

Linda Rago

Oki-do and Beach Yoga Instructor, Meiso Shiatsu Practitioner

Ronni Nolan

Oki-do Yoga Instructor, Trainee Iyengar Yoga Instructor, Myopractor

Saturday 6 November 11am-4pm

Sowelu, 83 LaTrobe Tce, Paddington

\$65 - due 2 weeks prior

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