



How to stay sane over the holidays



**Saturday 26 November 2016
1.30 - 3.30pm @ The Yoga School**

As we approach the festive season it is common to feel overwhelmed with end-of-year deadlines, busy crowds, Christmas and New Year preparations.

Join us for this 2-hour workshop where we will use the calming magic of Sun & Earth Salutations, Breath Work and Vipassana Meditation to calm your inner Grinch.

Presented by Master Teacher, Nicky Knoff.



Book online

\$49.00

Pay at the door

\$55.00

For more information call **0415 362 534**
or email **info@knoffyoga.com**

*Stretch your body,
calm your mind*



www.theyogaschool.com.au