



## **Relax & Meditate**

**~ Special Sunday Afternoon Class ~**  
**25 April 2010**



Amongst the tranquil gardens and waterways of A Place to Just Be, devote a Sunday afternoon to yourself, in like-minded company, to relax and rejuvenate.

**Be guided through simple, yet effective, yogic relaxation and breath-awareness meditation to help release mental tension, reduce stress and create inner calm. Suitable for both experienced yogis or those without any yoga or meditation experience.**

**2.00 – 5.00 pm**  
**Sunday 25 April 2010**  
**A Place to Just Be, 4A Preston Point Rd, East Fremantle**

- \$45 per person
- Places limited to 15 participants
- Prior registration and payment essential
- Yoga mats and cushions provided
- Contact Natalie Snooke for information and registration
- Payments on-line to: Momentum Coaching & Yoga,  
BSB: 016560 Acct: 491345475 Ref: Your surname