



WOMEN &
CHILDREN
FIRST.

Yoga “The Zen in Me”

Find the Zen in you

Tuesdays, 14th May - 18th June, 10:30 - 11:30am

Location: Lane Cove West

The fabulous Nat from “The Zen In Me” is offering 6-weeks of holistic yoga sessions. Connect on a deeper level to better understand your individual goals through yoga, meditation, wellness tips and mindfulness. Live life at your best and strive to be the best version of yourself, minimising stress, anxiety and self-doubt from your mindset.

Supported by



**Lane Cove
Council**

To enrol:



9971 4499



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FREE WORKSHOP