



FREE YOGA FOR SWAN CARERS

6 FREE classes over 3 weekends in February in 2018

Program designed for unpaid adult carers of people with disabilities
this volunteer program is supported by the South West Autism Network (SWAN)

Reduce stress and increase your energy with Yoga

Improve physical and mental strength to support your care for others

Learn some simple self-care positions to aid the body and relax the mind

90-minute Yoga classes include gentle stretching, breathing and short meditation

When?

3 - 4 February 2018

10 - 11 February 2018

17 - 18 February 2018

Saturdays 8.30am* – 10.00am

Sundays 2.00pm* – 3.30pm

*Please arrive 10 minutes earlier.

What do I need?

- Please bring a towel and water bottle
- Yoga mats and water provided
- No experience required

Classes are Traditional Hatha Yoga Style.

Participants are strongly encouraged to attend all 6 classes to maximise the benefits from the program.

Instructors are Gabi and Sharon who have five years combined yoga practice experience.

Gabi and Sharon offer these classes as part of completing their final qualifications as yoga instructors with Shantarasa Yoga.

Where?

Essential Yoga Studio

42 Albert Street, Busselton WA 6280

(next to The Good Egg)

How to book?

Places are limited. All classes are **FREE**.

To secure your place please email your completed registration form to Sharon kirkshaz1@hotmail.com by **31 January 2018**.

For inquiries please call:
Sharon on **0438 541 756** or
Gabi on **0404 296 596**

