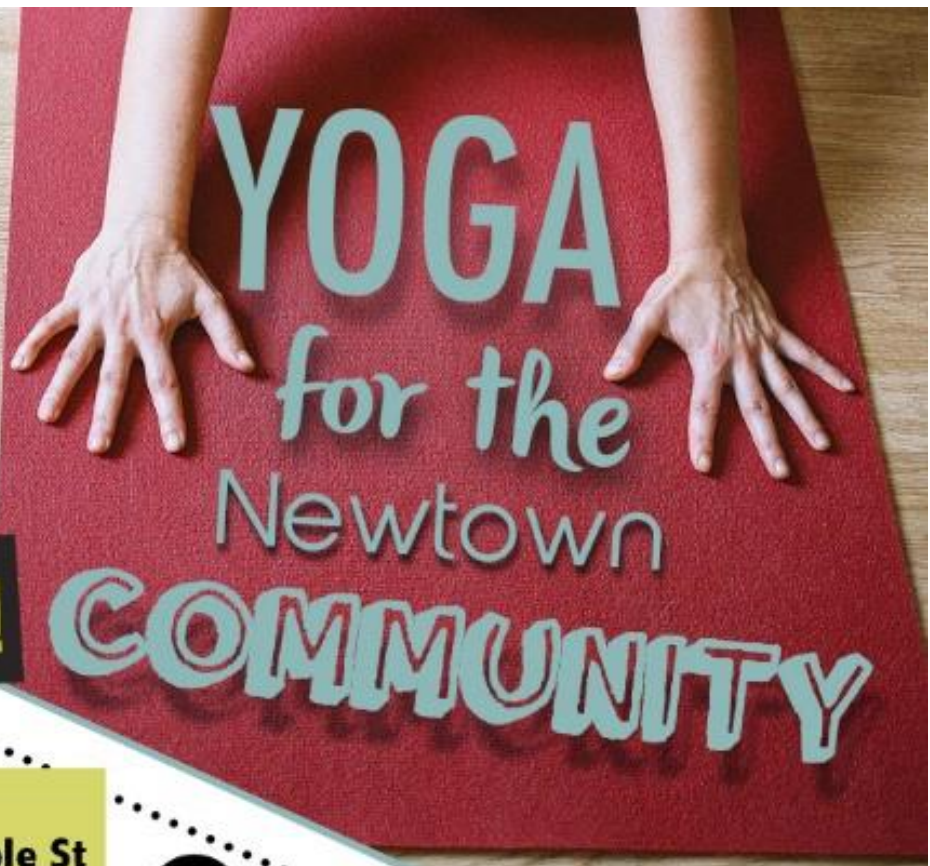




on Tuesday  
& Thursday



**2 LOCATIONS!**

**Newtown Hall:  
Daniell St corner Constable St**

**Tuesdays 6:45-7:45am** \$Koha \*

Teacher: Rosie

Style: Gentle, dynamic yoga to start the day  
All levels welcome

**Tuesday 6-7:00pm** \$Koha \*

Teacher: Milo

Style: Vinyasa flow  
All levels welcome

**Wednesdays 6:45-8pm** \$Koha \*

Teacher: Milo

Style: Vinyasa flow & Yin yoga  
All levels welcome

**Thursdays 5:30-6:45pm** \$Koha \*

Teacher: Kim

Style: Ashtanga Yoga with a taste of Spanish  
All levels and languages welcome


or

**Newtown Community Centre:  
Rintoul St corner Colombo St**

**Mondays 6:45-8pm** \$Koha \*

Teacher: Sarrah

Style: Hatha, Vinyasa, Yin  
All levels welcome

**Tuesday 10-11:15am** +  \$2

Teacher: Milo

Style: Gentle restorative flow & power  
All levels welcome

**Thursdays 10-11:15am** +  \$2

Teacher: Sarrah

Style: Vinyasa flow  
All levels welcome

\*Suggested donation is \$5 - \$10

\*Sponsored by the Newtown Community Centre and Compass Health.