

# AFTER SCHOOL YOGA

for Secondary School Students  
at Central Ringwood Community Centre

**Mondays 3.50pm**

**Where:** Central Ringwood Community Centre. Bedford Park, Rosewarne Lane (next to Ringwood Secondary College)

**When:** Mon 7 Aug – Mon 18 Sep 2017  
3.50pm – 4.50pm

**For:** Boys and girls, no exp. necessary

**Investment:** \$84. Casual \$15 p/class\*\*

**To book:** <http://fimckyoga.weebly.com>

or email [fimckenziyoga@gmail.com](mailto:fimckenziyoga@gmail.com)

or 0408321991  [@fimckyoga](https://www.facebook.com/fimckyoga)



## Stressed? Worried? Need a break?

Look after your body. Look after your mind.

A regular yoga practice can help get you out of your head, stretch and strengthen and relax your body and mind.

Learn mindful techniques to help with school, manage stress and balance your body. You do NOT need to be flexible to attend.

Fi McKenzie is an experienced Yoga teacher, Registered Children's Yoga Teacher and Yoga Australia member. She has a current Working with Children Check, National Police Check and First Aid qualification.



\*Minimum student numbers apply for program to run \*\*Casual availability depends on maximum attendees at teachers discretion