



MEDITATION CLASS

- FEEL MORE PEACEFUL & CALM -

**JOIN US for a 6 week meditation / light yoga program
starting Monday 19th October 2020 7:00pm
at Got Your Back Sista Village HQ, Tighes Hill**

Come and enjoy the many wonderful benefits of meditating and light yoga.

The 6 week program will help with the following:

- Promotes emotional health
- Enhances self-awareness
- Decreases stress
- Relieves anxiety
- Assists in reducing inflammation
- Improves heart health
- Can generate kindness



Yoga & Meditation teacher -Michelle Nolan is a professionally trained yoga and meditation teacher having practised for over 20 years.

Michelle believes that yoga & meditation provides space for individuals to develop personal insight and a deeper connection to themselves.

This is a **free 1 hour class** that runs weekly for 6 weeks, however a donation to Got Your Back Sista on the night would be greatly appreciated.

To register please call Got Your Back Sista on 4989 2777
or email info@gybs.com.au

Got Your Back Sista Village HQ - 15 Elizabeth Street, Tighes Hill

