

STRETCH RELAX REVIVE



FRIDAY

10:00am to 11:00pm

This program is a great way to end the week.

With gentle stretches focussing on strength and balance', followed by a guided meditation for deep relaxation, finishing with some breathing techniques and learning how to reset.

Not only have friendships been formed during these lessons but they have been a wonderful investment with many benefits for everyone involved.

We all need a place to escape to in our minds... this is exactly where you can!!

For all enquiries please contact us on

Phone: (03) 6344 3844

Email: reception@ymcalaunceston.org
www.ymcalaunceston.org

Causal: \$9.00
Members: \$7.50
2020 YMCA Single Membership: \$40.00
10 Session Pass: \$60.00

all ages and abilities welcome

