## TOGA Fundraiser



Amanda Lowry broke her neck on the 7th of March 2013.

Amanda, Gemma and family are part of our yoga family

- all proceeds from this fundraiser will go to them.

Join us for a gentle vinyasa style yoga (breath movement flow) & deep relaxation.

SATURDAY JUNE 8th, 11am - 1pm • TAURANGA YOGA CENTRE Elizabeth Street, West, Tauranga

with Peter McNaughton & Brigid Macalister: brigidmac@xtra.co.nz

**DONATION \$20** 

Beginners to yoga are very welcome.

## Y C G A Fundraiser

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ASANA SOURCE

HEALTHINESS WORLD

STUDIO B HEALTH

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POSES W WORLD



EXERCISES HARMONY
KNOWLEDGE

EXERCISES BALANCE

ASANA HARDINESS
EXERCISES HARMONY
KNOWLEDGE

MEDITATION BREATHING BODY

ACTIVITY YANG GOOD

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