



Restore, Rejuvenate, Nourish, Breathe

Tauranga Yoga Centre

Last Friday of the Month – commencing 30th October

7.15pm to 8.30pm

Guided by Christine Terry

Give yourself permission to replenish your energy stores, reconnect with your breath and relieve the body of any tension or stresses through a vinyasa style, restorative practice. Or simply, come, enjoy and experience the benefits that adding a restorative class into your regular practice can offer.