



YOGA

Overview

For those who want to increase their fitness this is the program for them. Starting with 20 minutes of gentle stretching, participants will move onto a 45-minute Yoga routine.

Venue

Mi Community Centre, Langwarrin

Days and Times

Monday - 1pm - 2pm

Duration

12 weeks

Activity Type

Routine Program of Supports

Cost

Nil

Resources

Non restrictive clothing and a drink bottle