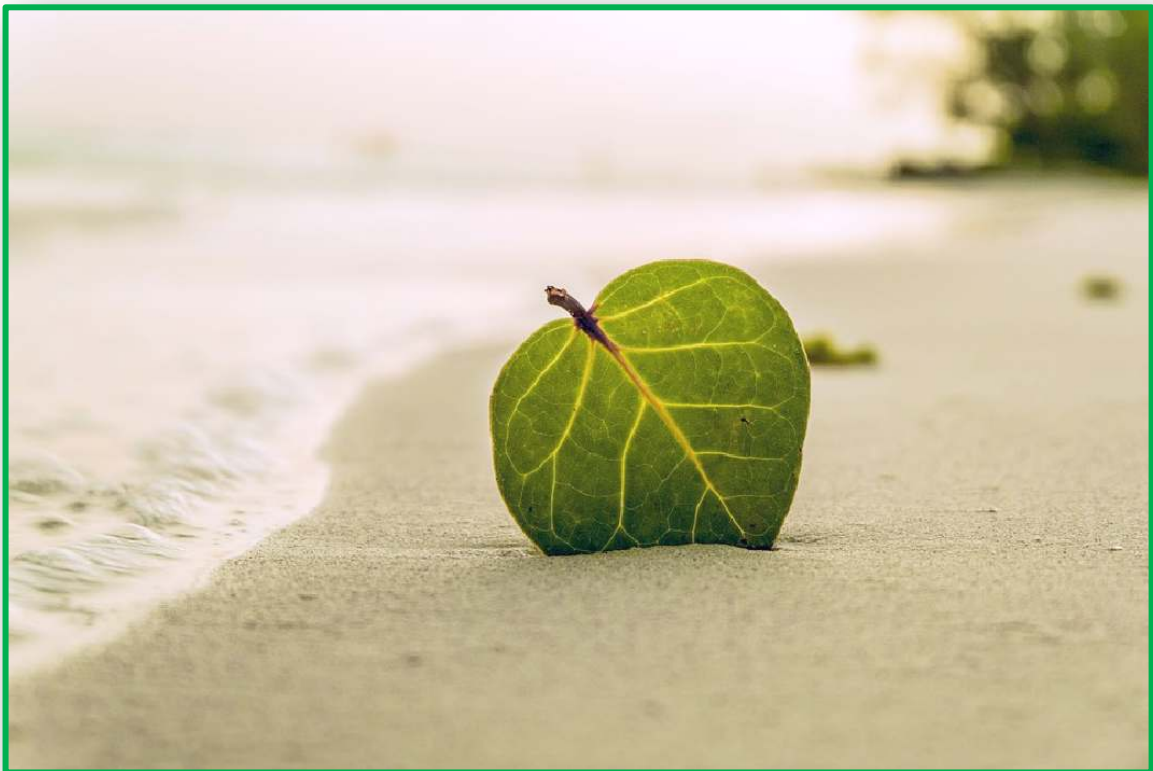


# Yoga Meditation



*Yoga and Meditation techniques can help to relieve stress and tension, balance your mental, physical and emotional bodies, and give you more energy to enhance your daily life. 4 week course.*



**Venue:** *Minnawarra House, 24 Numulgi St, Armadale*

**Date:** *17th February - 16th March*

**Time:** *Mondays, 12noon - 1pm*

**Cost:** *\$40 / term*

**PH: 9497 1413**