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| **C:\Users\Mandy\Dropbox\Website Pics\AdobeStock_110539659.jpeg**  C:\Users\Mandy\Dropbox\Connect with Compassion\Pics\2016-10-04 18.41.59.jpg  C:\Users\Mandy\Dropbox\Connect with Compassion\Pics\AdobeStock_129287450.jpeg | **Mindfulness Programs** Restore Relax Revitalise  *SATURDAY HALF- DAY WORKSHOPS*  *July 7TH, August 4th October 27th 2018*  **Tai Chi Classes** Ease Calm Balance Strength Relaxation*8 WEEK PROGRAM – Tues 6.30pm or Thurs 5.30PM,* *5 WEEK PROGRAM- Fridays 11.45am or 2pm***Meditation Practice** Calm the breath, body & mind*WEEKLY CLASSES- Tuesdays 5.15pm*  **Mindful Stretch Classes** Relieve Stretch Release   *WEEKLY CLASSES- Fridays 10.30am* |

Classes conducted by:

**MANDY HOGAN**

Women's Health Physiotherapist / Clinical Pilates / Mindfulness Educator

Consulting at North East Exercise Solutions, 74C Ovens St, Wangaratta. For class appointments phone 0409 577 940

