

## Sunrise Yoga & Meditation

Join Rachael for yoga and meditation on Tuesday mornings.

Welcome the day, moving and breathing as the sun rises over our beautiful Nightcliff shoreline.

BYO yoga mat or towel, and water bottle

**Tuesdays x 6** 06 May - June 10

**6:30am - 7:15am**

**Seabreeze Slab, Nightcliff Foreshore**

near Nightcliff Jetty, heading towards Nightcliff Pool

No bookings required!

Instructor: Rachael

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**IG** - [instagram.com/rachaeleball/](https://www.instagram.com/rachaeleball/)

To find out more about this activity,  
contact the instructor directly.

**Only \$10 per session!**

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