

Slow Sundays Yin & Restorative Yoga

Slow Sundays is an hour to give to your Self. An hour to slow down & come back to your body.

Gentle, restful & soul nourishing, we use YIN & RESTORATIVE yoga poses along with props and breath to unravel and unwind to relax, regulate and soothe the body and the mind.

Sundays 12 April - 27 September
10:00am - 11:00am
Rich Life Health & Fitness
1-3, 51 Marina Boulevard, Cullen Bay

★ **Bookings required!**

Instructor: Nadene - The Well Beings Space

P - 0422 158 942

E - thewellbeingspace@gmail.com

W - <https://twbs.simplybook.net/v2/#book/service/3/count/1/>

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

Only \$5 per session!



To find out more about Healthy Darwin:

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healthydarwin@darwin.nt.gov.au

08 8930 0300