



Mindful Movement with Maria

Wednesdays 9:00-9:45am

BYO mat or towel, & a water bottle

Enjoy a weekly workout that explores mobility, flexibility and mindful movement in tune with your body.

Focusing on a different area of the body each week, Maria will guide you through a series of mobility and flexibility exercises to enhance joint health and overall wellbeing.

This will be followed by a 15-minute low impact, mindful movement workout.

Suitable for every age and fitness level.

Baby friendly sessions!

Cost: \$5 per session

Location: Nightcliff Community Centre - Boab Room, 18 Bauhinia St

Contact: Maria - Movement and Mindset Coaching on 0427 997 642 or maria@movementandmindsetcoaching.com

No bookings required!



www.darwin.nt.gov.au/community/programs/healthy-darwin
P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au

