



Yoga In The Park

Wednesdays from 12 July 12:00-12:45pm



Yoga and pilates movements are a great way to improve the mobility and strength of all your major muscle groups, with an emphasis on your core. It can also help relieve tension in your shoulders, back and legs, and leave you feeling calmer and more energised!

Enjoy a midweek pick-me-up and make the most of the perfect Dry Season weather with this lunchtime activity every Wednesday 12 July - 27 September, all while enjoying the fresh air and views over Darwin

Location: Bicentennial Park, under the trees near The Cenotaph

Cost: \$5 per person

No bookings required

Contact: Emily Claire Yoga on 0457 585 963 or  
or emilyclaireyoga@hotmail.com

BYO mat or towel, & a water bottle

Suitable for all fitness levels



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