

Men's Yoga Group

This Men's Yoga Group is different.
Not because we do it in the nude, because we don't.

The approach takes into account both mind and body. Our intention is to create renewal, a fresh view on the world and shared experience. A sense of community as well as learn the basics of yoga in a safe confidential environment. At the end of each class we have an optional half hour discussion on topics of current interest such as our work life, relationships or sexuality.

Sundays 9am to 11am at the Black Lotus Studio,
cnr Wilford and Gladstone Streets, Enmore.

\$150 for six week cycle or \$30 casual drop in.

www.blacklotus.com.au.

Email tonymans@bigpond.net.au for further information
or call Tony on 0425 242 847.