

A Mindful Cocktail

Fridays 6 - 7pm \$20 / \$17 concession



Facilitated by Jen Opie at The Yoga Lab
494 Lygon St, East Brunswick, 3057

www.theyogalab.com

Wrap up the working week and kick off your weekend mindfully with a delicious mixture of movement and stillness, on and off the mat. Each evening will consist of a shot of guided yoga followed by a teaspoon of semi-guided dance, a tablespoon of guided mindfulness meditation, and two generous teaspoons of relaxation.

Come along to move, groove, pause and chillax.