

enjoy YOGA

@ the Bar Association

Tuesdays 7.15am-8.15am
All levels welcome

Begin your day with this ancient art form
Benefit from a renewed sense of energy,
relaxation & flexibility

Classes are taught in a safe, intelligent manner
with an occasional giggle for good measure!

Experience a welcoming & convenient
environment for those in the law profession
to meet each other on the yoga mat

The Common Room, LG Floor, Selborne Chambers
Pay casually or for the term (discounts apply)

For more information & to register a place
please call Jolie 0414092502