



Ebb & Flow

- Movement Class -

With Yoga & Somatics practitioner Jill Juriss

Mondays 2:00 – 3:00pm

Havelock Pavilion

\$5.00

*Age well, retain flexibility, maintain balance
... and breathe!*

Contact Jill: 03-574 2082 jilljuriss@gmail.com

Work within your own ability & comfort level

Bring an exercise mat, water bottle and wear comfortable clothing



SPORT TASMAN
more people, more active, more often

