



**A CLASS THAT DELIVERS REST AND EASE RIGHT INTO  
THE VERY HEART OF YOUR CELLS**

## **THE FRIDAY RESTORE**

- Tension releasing practices -
- Supported Restorative Yoga postures -
- Breath awareness -
- Meditative yoga nidra tools -

The perfect way to recover from your week of working, planning and doing. No need to book. Just turn up in comfortable clothes with \$15.

**JOIN NAOMI DAKIN AND SAM LOE FOR THE  
PERFECT START TO YOUR WEEKEND  
EVERY FRIDAY 5.30PM - 6.45PM  
STARTING 1ST FEB 2019**

**FOR MORE INFO CONTACT SAM 021 524959 OR NAOMI 022 4524894**