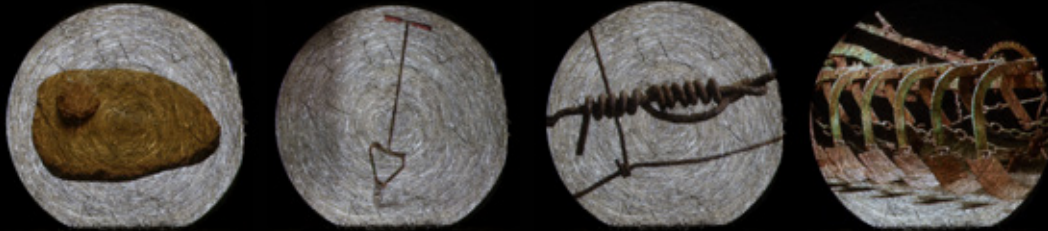


SHADOW PLACES YOGA MORNING



SATURDAY 28 OCTOBER | 7:30AM
NARRANDERA TRAVELING STOCK RESERVE

Join Jason Heckendorf from Unique Fitness for an early morning yoga session outside, on site, amongst the artworks of Shadow Places.

Greet the day and watch the sun rise as Jason guides you through Vinyasa and Yin style yoga poses, that allow you to calm the mind and build strength and balance.

The class is open to all levels of yoga, with the aim of the session to share and experience the landscape together and enjoy the beauty of nature, art and yoga as you greet the dawning of a new day.

Bring your own mats if possible. A small number will be supplied.

RSVP is essential. To book your free place call or email Sarah:
0405 447 490 or sarah@cadfactory.com.au

Narrandera Traveling Stock Reserve is located on Buckingbong Rd,
opposite the Fisheries.

A FREE EVENT
WWW.CADFACTORY.COM.AU

