



'Moving Forward'

A workshop w/ Curly West

Saturday 21 April, 1-4pm

Experience the intention of
moving forward in specific
postures



Cost: \$40 per person

To register email: info@taurangayoga.org.nz

Please prepay to TYC acc: 38 9004 0616591 00

**** Bring a vegetarian dish to share ****