YOGA AND MINDFULNESS

Platform 81 Kingston Youth Services

Thursday 21 September 2:30pm – 3:30pm

Take the time for you.

Learn some simple yoga stretches and moves as well as some mindfulness methods.



KINGSTON LIBRARIES

Bookings required. Online library.kingston.vic.gov.au/yoga Phone 1300 135 668 In person at any library branch

KINGSTON Youth services