

All abilities yoga [1]

Description

Activity Type: [Recreation](#) [2] [Relaxation Techniques](#) [3] [Yoga](#) [4] State and Region: [VIC](#) [5] [Geelong](#) [6]

Reclink All abilities yoga is open to all member agencies and their participants. The class focuses on gentle movement, holds and breath awareness.

You dont need to be flexible to do yoga !

Wear comfortable clothes that allow you to move, leggings or tracksuit pants with a t-shirt are perfect.

The class starts promptly at 10.30 so please arrive a few minutes before to get settled.

Details

Venue: Eastern Hub Address: 285A McKillop St, Suburb: East Geelong Time: 10.30 am - please arrive early to get settled. Cost: Zero cost to Reclink member agencies

Contact Information

Contact: Rhan Phone: 0415541889

Source URL: <https://www.reclink.org/programs/reclink-national-program/all-abilities-yoga>

Links

[1] <https://www.reclink.org/programs/reclink-national-program/all-abilities-yoga>

[2] <https://www.reclink.org/activities/recreation>

[3] <https://www.reclink.org/activities/relaxation-techniques>

[4] <https://www.reclink.org/activities/yoga>

[5] <https://www.reclink.org/state-region/vic>

[6] <https://www.reclink.org/state-and-region/geelong>