

SHARE ME
EMAIL ME
SHOW ME TO YOUR
FRIENDS
PLEASE DONT PRINT ME



Clean

THE BEACH

Clear

THE MIND

JOIN BIZDOJO, SUSTAINABLE COASTLINES
AND BIKES AND BENDS YOGA DELIVERY ON

WORLD MENTAL HEALTH DAY
TUESDAY 10TH OCTOBER

8AM- 8.45AM
COMMUNITY
YOGA/MEDITATION
ON THE BEACH

8.45-9.45AM
TAKAPUNA
BEACH
CLEAN

9.45AM
TRASH AUDIT
WITH
SUSTAINABLE
COASTLINES

BYO YOGA MAT

MEET @ TAKA BEACH THE STRAND ENTRANCE 7.45AM
LIGHT SNACKS + BYO MUG FOR COFFEE