

Nurture by Nature

Brought to you by: Yoga by Kotte and
Greening the Rubble.

Take a moment...

FOR A NATURE-INSPIRED
MINDFULNESS PRACTICE
AND A BRIEF TALK ON
THE BENEFITS OF GREEN
SPACES FOR YOUR
MENTAL HEALTH.

Thursday October 11th 10-11 am

@ Bizdojo Green Lounge

4 Ash Street, Central ChCh

Free Admission!



yogā
by
Kotte