

# Mental Health Awareness Month at AWHI

We're proudly supporting Mental Health Awareness Week (26 Sept-2 Oct) all month at AWHI and this year's theme: RECONNECT.

Through September, we're offering the following discounted pricing options:

## \$69 Intro Pass

Open to all returning members  
expires 1 month from sale date

## \$10 classes

9:30am drop-in classes  
Tuesday & Friday

Reconnect with the  
people, places and  
practice that lift you up!

See [awhiyoga.co.nz](http://awhiyoga.co.nz)  
or reception for details!

**MENTAL HEALTH  
AWARENESS WEEK**

26 SEPTEMBER - 2 OCTOBER 2022

**AWHI**  
YOGA & WELLBEING

