

**South Star Yoga  
presents:**

**Mental Health  
Awareness week  
2019**

**26th September Koha Class**

**7pm to 8pm**

Come and enjoy an hour to yourself, some mindful breath to movement connections and a well deserved relaxation.

This class supports MHAW 2019, see  
[@mentalhealthfoundationNZ](#) on Facebook

**@ MY YOGA SHED, CENTREBUSH,  
BOOKINGS TO SOUTH STAR YOGA**

