

YOGA CLASS

With over 20 years of teaching under her belt, instructor Tracey Bienek will take you through an enlightening yoga flow to awaken your body. You must pre-register to attend.

ELIGIBILITY

All ages and abilities
(a parent or guardian must accompany and supervise minors under 16)

DATE

Sunday, 24 February

TIME

7.30am – 8:30am

LOCATION

Rockhampton Showgrounds

COST

\$5 per person
(includes class, smoothie voucher and giveaways)

HOW TO BOOK

Sign up online at <https://www.trybooking.com/BAOFB>
or call 4932 9000

WHAT TO BRING

Yoga mat or towel, water bottle and sunscreen