

THE LILAC

yogathon

This special event, being presented by Skye Baird, Principal Instructor of Skye LifeStyle, features 4 one-hour classes scheduled on a donation basis, with full proceeds to the NELUNE Foundation.

The objective of yoga is to provide health benefits such as reduced stress, muscle toning and sounder sleep patterns.

Participation in one of the Yogathon classes will be the perfect starting point for a better life/work balance.

Skye LifeStyle offers yoga, meditation, stretch and relaxation classes and can tailor wellness programs for individuals, couples, groups or corporate executives to suit every fitness level, from beginners through to experienced yoga practitioners.

The NELUNE Foundation is a not-for-profit charity that supports children, adolescents, adults and their families to cope with the impact of cancer by providing emotional support, care and post-operative medical aids that are not covered by government or private funding.

To date, nearly \$4 million has been raised by the Foundation to provide practical and tangible help for cancer patients receiving treatment in the NSW public hospital service.

WHEN

Saturday 30 October 2010

CLASS TIMES

10.00am, 11.30am, 2.30pm, 4.00pm

WHERE

Paddington RSL Club
220 - 232 Oxford Street, Paddington

COST

\$30 per class including tea, coffee and biscuits afterwards.

Cheques can be made in favour of the NELUNE Foundation, or cash on the day will be accepted.

PLEASE CONTACT

Skye Baird for further information and bookings:

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Skye teaches a one-hour hatha yoga class every Saturday at 10.00am at Paddington RSL Club.