

YOGA THERAPY

WITH MELODIE BATCHELOR

This series of classes will explore how yoga can be adapted as a therapeutic practice, using supportive equipment such as chairs, ropes, blankets, blocks, and bolsters to make postures accessible and effective for each individual.



Neck, shoulder,
knee & ankle pain



Recovery from
concussion or illness



Chronic fatigue &
reduced vitality

WEDNESDAYS

4PM - 5PM

STARTS 1ST JULY

To enrol please contact: Melodie on
melodiebatchelor@hotmail.com

Fee: \$240 for 6-week Course
or \$45 per session