

YOGA

with Jessie Chapman
Every Mon-Wed-Fri 7.45am-9am
@ Inspya. All welcome.
www.intoyoga.com

ASTANGA YOGA

MYSOORE STYLE CLASSES
Beginners welc. 6.30-8.30 M-F \$10
Centre of Balance, 108 Bangalow Rd,
Byron. Phone Garth 66884432

FREEDOM THROUGH VOICE

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Kathryn Riding @ Anahata Studios
Weds @ 5pm Suffolk Park. Private
sessions also avail. Enqs 66859904

Oki-Do YOGA

OCEAN SHORES course & drop in
class Thursdays 10-11.30am starts
Aug 14. Gail 66807512, 0404147398
BYRON @ Ambaji Weds 10-12 noon

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Epicentre Yoga Room with Liz
SAT 4PM Dynamic strengthening
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bends **SUN 10AM** Relaxing & rejuven-
ating asanas. Liz 0402770441

MASSAGE / HERBALIST
Ocean Shores. 66805954

BACK PAIN?

ACUPUNCTURE & RAW CHINESE
HERBS ROY MUMFORD Tues 10-7pm
Mullumbimby Herbs 66843002

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Sat 16, 12.30-1.30pm @ Epicentre.
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Maya 66846411, 0411656040

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0402712422

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