



HATHA YOGA

blending mindfulness with movement in a pure rainforest environment

TUESDAY, WEDNESDAY & FRIDAY
6.45AM - 7.45AM

MONDAY & THURSDAY
5PM - 6PM

COST \$25 PER PERSON

Bookings essential. call **07 4098 6100**

Spaces are limited

All levels of practice, including beginners, are welcome

Meet at the Daintree Ecolodge Reception



DAINTREE ECOLOGE