

# **BEND IT LIKE BEC**

**SENSATIONAL**

**SENIORS**

**YOGA**

**THERAPY**



**IMPROVE FLEXIBILITY  
REGAIN STRUCTURAL STABILITY  
CREATE BALANCE IN THE BODY  
RELEASE FATIGUE  
IMPROVE JOINT MOBILITY  
ENJOY THE FUN, SOCIAL ENVIRONMENT  
ALL AGES**

**ALL LEVELS ARE MORE THAN WELCOME.**

**6 CLASS PASS \$110  
SENIORS CARD 6 PASS \$93.50**

**1.30PM WEDNESDAYS - THE HANNAFORD CENTRE  
608 DARLING ST ROZELLE 2039**

**BOOKINGS & ENQUIRIES:  
BEC 0402 430 782    YOGAWITHBEC@YAHOO.COM**

**INSTAGRAM/FACEBOOK @BEND\_IT\_LIKE\_BEC  
WWW.BENDITLIKEBEC.COM.AU**