



## STRETCH & BALANCE CLASSES @ POND Melbourne

when we start a new life routine, new living habits, new work styles... this COVID virus has encouraged us to look in all directions and maybe find another self inside of us. Thanks to www and various channels of communications we can explore, learn and help stay well- physically and emotionally.

nothing like a 'real class' but in the meantime the stretch images have to suffice.

I will be in touch with a 'real' start date for future Monday sessions.

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