

# Tribal FyouSION YOGA *Groove*

A journey of Yoga, Dance and Sound to liberate your senses and inspire you body, heart and soul.

**Sunday 1 May. 2pm til 4pm.**

This **FyouSION LIVE** event will be on the **Central Coast, NSW** at **Matcham Hall**, 60 Coachwood Road, Matcham.



Featuring 'live' didgeridoo and percussion with local musician **Josh Watoe Watkins**.



As we take a journey of Yoga & Dance with mindbody specialist **Kathy Poppellwell**.

**Door Price:** \$30 adults or \$25 students/concession. **Pre Paid (online):** \$25 adults or \$20 stud/concession.

**BYO:** Yoga mat, bottle of water and towel. Open to people of **all ages 15 and over**.

**Bookings essential.**

**PLUS** you are also invited to join us for our **World Laughter Day FREE Laughter Giggleshop** from 12noon til 1pm (*same venue ;-)*. All ages welcome for laughing!

For Bookings and more info visit



**vibrance.com.au**

or **call** Kathy on **0405 147 154**. *Get your FREE Vibrance Weekly Infusion online too!*

Brought to you by **Vibrance Whole Health & Fitness**. "Helping you to live, love & laugh, Naturally!"