

WELCOME TO



NELSON NORTH YOGA

with **VALDA**

B.A., Dip.Teach.I.Y.T.A.NZ.INC.(1984)

- QUALITY TUITION
- EXPERIENCED
- QUALIFIED
- SPECIALISED IN PRE NATAL
- PRIVATE TUITION
- PERSONAL PROGRAMMES

CLASSES HELD AT:

94 TODD VALLEY
MONDAY
6 - 7.30 pm

WAKAPUAKA
NELSON NORTH
COUNTRY CLUB
THURSDAY
10 - 11.30 am



Enquiries to:

Valda - (03) 545 1316, Todd Valley, RD 1, Wakapuaka, Nelson
e mail: valdayogini@gmail.com