

International Students' Mind and Body Wellbeing Program

Join us for our free weekly classes of yoga
A complete workout for your mind, body and soul

Yoga

Free your mind, body and spirit
Strengthen your back & core muscles

→ **Date & Time:** every Thursday
28 June 2018 until 18 Oct 2018
4.30 – 5.30 PM

→ **Location:** CDU Casuarina Campus
Red 1 Level 3

Limited Places

BOOK TODAY!

cdu.edu.au/international/wellbeing

More details available at
cdu.edu.au/international/wellbeing

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Terms and Conditions apply