

Yoga for Mindfulness Event

When: Monday 29 October at 6:30pm.

Where: **Park 10** (near the University of Adelaide sports ovals on Frome Road)

Tickets: Tickets are \$10 and can be purchased from the Humanitix link below.

<https://events.humanitix.com.au/yoga-for-mindfulness-raising-money-for-rotary-health>

As well as helping Australian Rotary Health to **#LiftTheLid on Mental Illness** by hosting 'Hat Day' at Adelaide City Rotaract Club's (ACRC) regular meeting on 8 October, ACRC is also hosting a special **Yoga for Mindfulness Event** on **Monday 29 October at 6:30pm**.



Yoga for Mindfulness is an event to raise funds for Rotary Health, so they can continue their incredible work funding mental health research in Australia. To help teach Rotarians, Rotaractors, friends and family mindfulness techniques to take with them to help with the daily stress and pressures that life can throw at us, we're hosting a **45 minute, beginner Yin Yoga** lesson in the park, run by a qualified instructor, Lara Jezeph. Yin Yoga is a restorative type of yoga, perfect for calming the mind, and will be followed by a meditation session for stress and anxiety. This lesson will be appropriate for all fitness levels, age and abilities.

The yoga lesson will take place in **Park 10** (near the University of Adelaide sports ovals on Frome Road), but this may change if the weather forecast is inappropriate for an outdoors lesson. The lesson will be accompanied by iced tea and healthy snacks, and will be followed with dinner on Melbourne Street (optional and at an additional cost, location TBA). Please bring a yoga mat or towel and wear comfortable clothing. Toilets will be open for changing clothes if needed.

Tickets are \$10 and can be purchased from the Humanitix link below.

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Louise Kitto

Secretary

Adelaide City Rotaract Club

Rotaract 
Club of Adelaide City