Details to be added to the postcard brochure;

[www.tigerlotusyoga.com.au](http://www.tigerlotusyoga.com.au)

or find us on the Mindbody App, facebook or insta (can we use the icons for all three).

The Church, 1559 Botany Road Botany NSW 2019

**Enable Functional Wellbeing**

Strengthen your well-being through adaptive yoga.

Seek to evolve your mind and body through the challenge of yoga.

Perfection is a desire and never an outcome through the practice of yoga.

Our vision is to create an atmosphere that enables inclusiveness of the whole community.

Come join us!