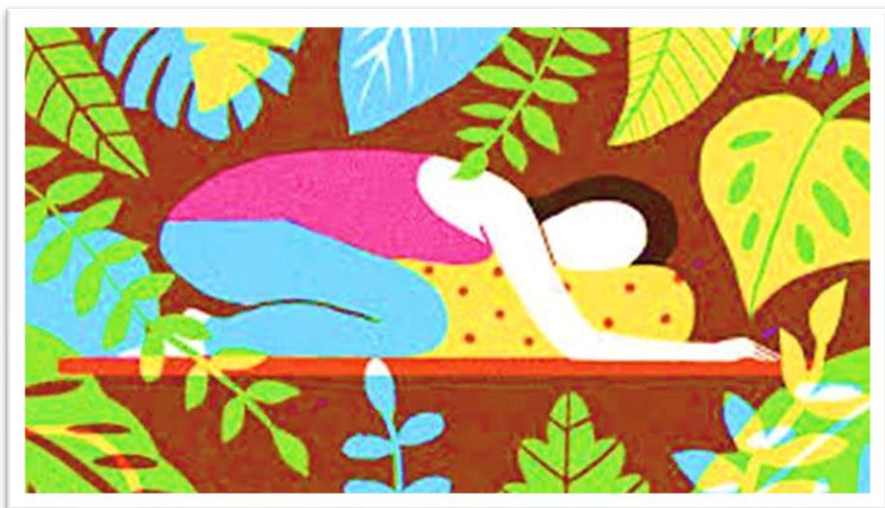


Free Online Yoga

Online sessions in the
comfort of your own home

Enjoy: Less stress, better
sleep and boost your
immune system

Experience deep healing



Restorative yoga is right for all levels

Use household items as props-no special equipment needed

Move from 'fight or flight' to 'rest and digest' with a special class designed to bring deep healing and release

Online sessions available Sunday Thursday evenings

Yoga at the Wall: Thursdays from 8:00 – 8:30 pm

Restorative Yoga: Sundays from 8:00-9:00 pm

Sign up at feathersnmoonbeams@gmail.com



Pina is a certified Pelvic Floor Yoga Instructor, Counsellor and RSSW. She has worked extensively with individuals experiencing trauma, chronic pain and sleep issues. An avid yogi, Pina has practiced yoga and meditation for over 20 years.

Feathers n Moonbeams creates and delivers classes and workshops related to selfcare, mindfulness and the benefits of yoga. Your one stop shop for all things spiritual, please contact them for services such as counselling, reiki and selfcare exercises. Shop for jewellery, card decks, singing bowls, smudge boxes, leather goods and more

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