



## 2016 HOLD IT FOR HOSPICE HOSTS

Thanks for your interest in joining us to Hold it for Hospice this October.  
From the host directory below, select a session that best suits you and register directly with one of the participating studios.

Studio Name	Address	Date & Time of Yoga Session	Spaces Available	How to register
Inbody Health & Fitness	89B North East Road, Collinswood	Sat 16 October at 10am	Max. 17	Visit the Facebook event link: <a href="https://www.facebook.com/events/526794724183731/">https://www.facebook.com/events/526794724183731/</a>
Australian School of Meditation & Yoga	20 Chapel Street, North Adelaide	Full week of classes from 8 – 15 October		Email: <a href="mailto:adelaide@asmy.org.au">adelaide@asmy.org.au</a> <a href="https://www.facebook.com/events/1819230248321249/">https://www.facebook.com/events/1819230248321249/</a>
Clarity Massage & Wellness	58 – 60 Melbourne St, North Adelaide	Friday 14 October at 9am and Thursday 20 October at 6:30pm		Email: <a href="mailto:sarah@claritywellness.com.au">sarah@claritywellness.com.au</a> Facebook: <a href="https://www.facebook.com/claritymassagewellness">https://www.facebook.com/claritymassagewellness</a>
Yoga Garage	Belair Community Centre, 1 Burnell Drive, Belair	Sunday 16 October at 10am	30	Email: <a href="mailto:yogagarage@yahoo.com.au">yogagarage@yahoo.com.au</a>