



## Community Yoga Day

Yoga & Qoya goodness brought to you by  
Kate from Thrive in Light, Jo from South Star  
Yoga & Veronica from Takitimu Yoga



Join us for an  
awesome day in the  
natural environment of  
Camp Taringatura



[www.thriveinlight.co.nz/retreats-events](http://www.thriveinlight.co.nz/retreats-events)



THRIVE *in* LIGHT

by Kate  
Watkinson

