

MEDITATION

Take an hour out of your time to
completely switch off to the outside
world.

Join Lisa in Meditation to relax the mind
and body.

**You will need a yoga mat and a light
blanket**

Mondays 10:45am-11:30am
28 April to 30 June 2025 (9 weeks)
(9 June Kings Birthday long weekend)
Cost: \$90 (\$45 Concession)



Leichhardt Women's
COMMUNITY HEALTH CENTRE



lwchc



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www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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