

YOGA WITH LISA



**Join Lisa for some light exercise,
gentle movement and calm
breathing techniques.
Start your week feeling relaxed
and focused**

Class 1: Mondays 9:30 am -10:30 am

Class 2: Mondays 11.45am to 12.45pm

28 April to 30 June 2025 (9 weeks)

(9 June Kings Birthday long weekend)

Cost: \$90 (concession \$45)



Leichhardt Women's
COMMUNITY HEALTH CENTRE



lwchc

www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011