

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

30 September to 2 December 2024 (9 weeks)

No yoga 7 October (Public Holiday)

Cost: \$10 (\$5 Concession)

per class



LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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