

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 9:30am -10:30am

Class 2: Mondays 11.45am -12.45pm

30 September to 2 December 2024 (9 weeks)

No Yoga 7 October (Public Holiday)

\$10 (concession \$5) per class



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