

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

22 July to 23 September 2024 (10 weeks)

\$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