

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
3 February to 7 April 2025 (10 weeks)
Cost: \$10 (\$5 Concession)
per class



Leichhardt Women's
COMMUNITY HEALTH CENTRE



lwchc



@lwchc www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011