

YOGA WITH LISA



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

Mondays 9:30 am -10:30 am

29 April to 1 July 2024 (9 weeks)

Public Holiday 10 June, centre closed

\$10 (concession \$5) per class



www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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