

Gentle Yoga

for every woman



Learn breathing techniques, relaxation, yoga stretches and meditation to de-stress and regain energy...

Suitable for everywoman—women recovering from surgery, or in not-so-good-health, women new to yoga or just wanting a gentle approach...

Where: Annandale Neighbourhood Centre, 79 Johnston Street

When: 6.30-7.30pm, every Monday during school terms

Bring your own towel

Donation \$10 (concession \$5)

No need to book. Just drop in

For Enquiries call-

9560 3011

Or email info@lwchc.org.au



**Leichhardt Women's
COMMUNITY HEALTH CENTRE**

Run by women, for women since 1974.

Iwchc is funded by the NSW Dept of Health