

YOGA WITH LISA

Join Lisa for some light exercise, gentle movement and calm breathing techniques.



Mondays 9:30 am -10:30 am
11.45am to 12.45pm
2.15pm to 3.15pm

13 October to 15 December 2025 (9 weeks)
(No classes on Monday 3 November)

Cost: \$90 (concession \$45)

 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

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