

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
13 October to 15 December 2025 (9 weeks)
(No class on Monday 3 November)
Cost: \$90 (concession \$45)



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

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