

Autumn Yoga for Home Workshop

With Tusanee, our Physiotherapist and Hatha Yoga teacher



Understand the effect of the seasonal weather changes on the body and learn how to modify your home yoga practice for the cooler months.



Tusanee will teach a yoga class with stretches, breathing and relaxation with a focus on asanas to warm the body.

Saturday 12 May 2018

10am-12.45pm

55 Thornley Street Leichhardt

Enter via side gate on Cary Street



Cost: \$20 (concession \$10)

Payment is required on booking

**Fees negotiable if difficult to pay*

Wear comfy clothes and bring a yoga mat or towel. Workshop includes refreshments.

 **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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