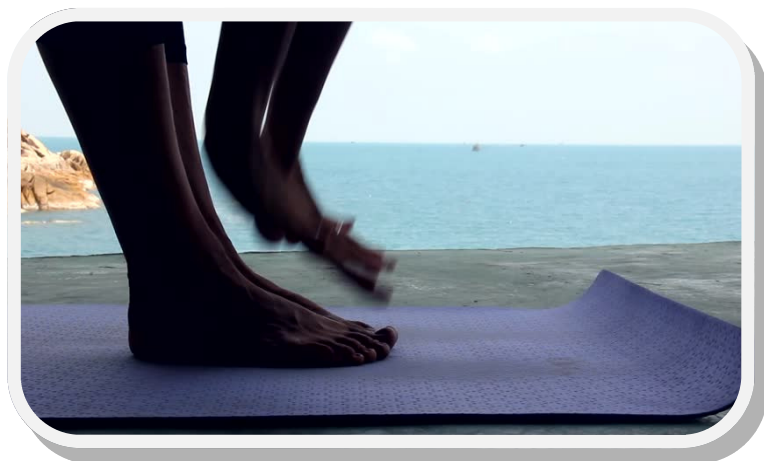


# Drop-in Yoga

*...with Aime*  
**Hatha and Yin Yoga Teacher**



This group will include :

Asanas

Breathing

Relaxation and Meditation

Aime will cater for everyone's ability,  
from beginners to the more  
experienced.

Bring a yoga mat or towel  
and wear comfy clothes!

Cost: \$10 (concession \$5)\*  
per Person per class

*\*Fees negotiable if difficult to pay*



Each Wednesday starting from 28 March 2018

10-11.30am

55 Thornley Street Leichhardt



Leichhardt Women's  
COMMUNITY HEALTH CENTRE

 lwchc  @lwchc [www.lwchc.org.au](http://www.lwchc.org.au)

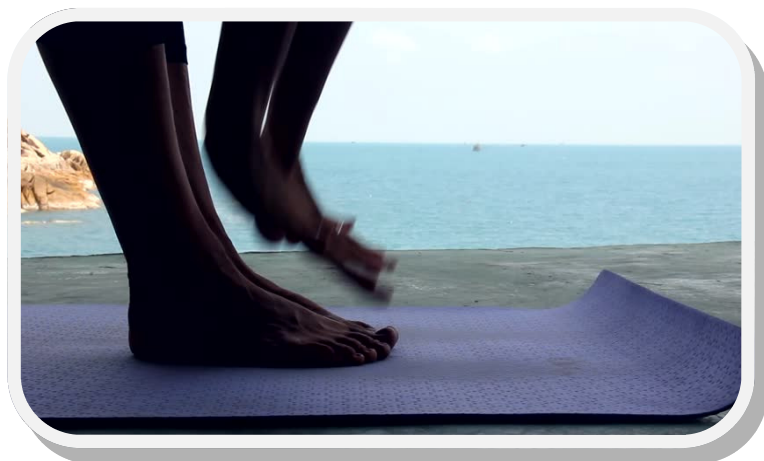
LWCHC is funded by Sydney Local Health District

**call us to make your booking**

**9560 3011**

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