



Restorative Yoga/ Meditation Classes – Free!

- Come to as many sessions as you like
- Enjoy 1 hour of yoga + 15 minutes of meditation with a qualified instructor
- Bring a yoga mat if you have one (otherwise one can be provided)
- Bring a towel and water bottle
- A pre-exercise questionnaire will need to be completed on the day

**Some crèche opportunities available – Bookings Essential.
Call 6330 5423 to book.**

To Book: www.trybooking.com/XUZW



5 weeks

**Wednesdays
3 – 31 October
2018**

11am – 12.15pm

**Group Room 1
227 Newcastle St,
Northbridge**

**Womens Health &
Family Services**

www.whfs.org.au

For more information contact
bookings@whfs.org.au or
phone 6330 5400