



Restorative Yoga Northbridge

Restorative Yoga provides relief from physical discomfort and helps to energise with restful poses. Learn a variety of breathing techniques to bring your mind, body and emotional self into a blissful balance

- Bring a towel and a water bottle
- Wear comfortable clothing
- A pre-health questionnaire will need to be completed prior to participation

To register: <https://www.trybooking.com/BNQWL>
For more information email: bookings@whfs.org.au



womens health
& family services

Restorative Yoga

Fridays
23rd July – 24th Sept

1.00pm – 2.00pm

227 Newcastle
Street Northbridge

\$10 per session
or
\$80 for all 10 sessions
(save \$20!)

Women's Health and
Family Services

www.whfs.org.au