



# Yoga for Wellbeing Northbridge

Be deeply restored through a guided Yoga Nidra session aiming to connect mind and body. Learn a variety of breathing techniques to bring your mind, body, and emotional self into a blissful balance.

Please arrive 15 minutes early to the first session. Wear comfortable, loose clothing and bring a towel and a water bottle.

Register for tickets: <https://www.trybooking.com/BYXSQ>  
For more information email: [bookings@whfs.org.au](mailto:bookings@whfs.org.au)



womens health  
& family services

Yoga for Wellbeing

Every Wednesday  
starting 4<sup>th</sup> of May

2.00 – 2.30pm

227 Newcastle St,  
Northbridge

\$5 per session  
Registration required

Women's Health and  
Family Services

[www.whfs.org.au](http://www.whfs.org.au)