



Yoga for Wellbeing Northbridge

This class incorporates yoga poses, gentle movement and breath work to support increased awareness and mindfulness of the breath and body. You will learn a variety of poses designed to strengthen your core and improve flexibility and general wellbeing.

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



womens health
& family services

Yoga for Wellbeing

Every Wednesday
starting 4th of May

4.00 – 4.45pm

227 Newcastle St,
Northbridge

\$5 per session
Registration required

Women's Health and
Family Services

www.whfs.org.au