

YOGA CLASSES FOR WOMEN

Live Better... Stay Fit... Connect
with Local Women!



Join our 10-week yoga class, designed to help you unwind, strengthen and connect your body and mind. These classes provide a nurturing environment for growth, healing and relaxation.

Suitable for beginners. Spaces are limited, so booking is essential.

When:

Thursdays 13th February 2025
9:30 am to 10:30 am

Where:

Canterbury City Community Centre,
130 Railway Parade, Lakemba NSW 2195

Bookings Essential: To reserve your spot, please contact **Aween** on **9750 9344/0481 723 313**.

Cost: FREE - Morning tea included.

Instructor: Manal

Please note: NO Childminding available.

For more information call **Aween** at 4cs on **9750 9344**