



Penrith Women's  
Health Centre  
Established 1987

H A T H A

Y O G A



**EMPOWERING YOGA FOR WOMEN - A  
GENTLE, INCLUSIVE YOGA PRACTICE WITH  
A FOCUS ON WOMEN'S FITNESS AND  
WELLBEING**

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**WEDNESDAYS**

**TIME:** 1:30PM - 2:30PM  
*DURING SCHOOL TERM*

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**COST**

\$10 PER SESSION **OR**  
\$80 FOR A 9 WEEK TERM

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**LOCATION**

PENRITH WOMEN'S HEALTH  
CENTRE

*63 Union Road, Penrith*



*Facilitator: Justine, accredited yoga teacher*

**CALL TO BOOK YOUR SPOT  
(02) 4721 8749**