



Healthy Mind Healthy Body with Yoga+Meditation

Free Classes. All Levels. All Welcome!

Presented by:

Yogi Arati Joshi & Yogi Mahek Gaurav

Yoga, Breathwork and Meditation Teachers from the Art of Living

Every Monday

1:00 PM – 1:45 PM



Hosted by:



**Penrith Women's
Health Centre**
Established 1987