



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**

WEDNESDAYS

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

COST

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

LOCATION

PENRITH WOMEN'S HEALTH
CENTRE



Facilitator: Justine, accredited yoga teacher

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