

# YOGA



TREAT YOURSELF TO A RELAXING YOGA SESSION. CHILL OUT WITH SOME GENTLE STRETCHES AND BREATHING EXERCISES. BEGINNERS WELCOME! TO BOOK IN, CALL 9358 8100 OR CHAT TO STAFF.

## TUESDAYS 11AM – 12PM

**OZANAM LEARNING CENTRE**



St Vincent de Paul Society NSW  
Support Services *good works*



**The Yoga Foundation**