



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

FROM: 7TH FEBRUARY -
3RD APRIL 2024

TIME: 1PM - 2PM

COST

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

LOCATION

CLOSE TO PENRITH HIGH
STREET, ADDRESS
AVAILABLE UPON BOOKING



Facilitator: Justine, accredited yoga teacher

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