

Yoga classes

Gentle, inclusive Hatha Yoga practice with focus on women's wellbeing.

For women aged 16 and over in the Penrith region.

THURSDAYS

(during school term)

1:30PM - 2:30PM

From 20th July – 14th September 2023

Where

Penrith.

Venue will be given upon enquiry.

Cost

- **\$10** per session
or
- **\$80** for 9-week term



Bookings are essential as numbers are limited.
Please contact PWHC reception.

(02) 4721 8749
hello@pwhc.org.au