

MIND & BODY WELLNESS



Through Yoga and Meditation

**A WELCOMING SPACE FOR WOMEN TO
PRACTICE YOGA, MEDITATION, AND
SELF CARE TOGETHER. NO EXPERIENCE
NEEDED, JUST BRING YOURSELF
AND AN OPEN MIND.**

THURSDAYS

TIME: 10:30AM - 11:30AM

COST

FREE OF CHARGE

DONATIONS APPRECIATED

LOCATION

PENRITH WOMEN'S
HEALTH CENTRE

63 Union Road, Penrith



Facilitators: Yogi Arati Joshi & Yogi Mahek Gaurav

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