



Penrith Women's
Health Centre
Established 1987

CHAIR YOGA



**MOVE, STRETCH AND THRIVE. A SUPPORTIVE CHAIR
YOGA EXPERIENCE DESIGNED TO IMPROVE
FLEXIBILITY, REDUCE TENSION AND BOOST
WELLBEING AT ANY AGE OR ABILITY**

MONDAYS

START TIME: 11AM - 12PM

COST

**\$10 PER SESSION OR
\$80 FOR 9 WEEKS**

LOCATION

**MELROSE HALL
169 GREAT WESTERN
HWY, EMU PLAINS**



Facilitator: Rebecca, Rewind Fitness

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