Gentle Yoga Group

Yoga lowers high blood pressure, helps your breathing, calms and just makes you feel better all round.

Our Gentle Yoga Group:

- is for women only
- is delivered by a Yoga Therapist
- is focused on breathing and relaxation
- will provide you with a yoga mat
- is for all skill levels
- is free.

Location: North Richmond Community Health, Training Room 040
Date: Every Thursday starting 1 August
Time: 1:15pm to 2:30pm

Registration is a must prior to attending. No childcare provided.

Please contact Nazik Nasser with your interest nazikn@nrch.com.au or call 9418 9975.