



# 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 6 February

**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](mailto:nazikn@nrch.com.au) or call 9418 9975.**



North Richmond Community Health (Wulempuri-Kertheba)  
stands on the traditional lands of the Wurundjeri people.  
We pay our respects to their elders, past and present.

[nrch.com.au](http://nrch.com.au)



north richmond  
community health  
Wulempuri - Kertheba