



# HEALTH & WELLBEING

## Accessible YOGA

**Accessible Yoga** is a beginner class aimed for people with disabilities and older people

This class is aimed at being accessible to lower income members of the community.

\*A Centerlink concession card must be provided

**Yoga** is suitable for those participants with chronic illness, disabilities and older people (participants can be seated).

Dharma Daws will lead you gently through simple stretches, breathing and relaxation.

**There are limited places of only 14 Participants**

**Prepayment is required in advance to secure a place.**



<b>DATE &amp; TIME</b>	<b>Thursday 10am – 11am</b>
<b>STARTS</b>	<b>4 Jan - 20 Dec 2018 (weekly)</b>
<b>COST</b>	<b>\$20 per month (Prepayment)</b>

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