



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.



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

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