

Free Yoga for over 55's



You are never too old for Yoga!

Join us for a yoga class you will love, specially designed for older people and the less mobile. Our qualified and experienced instructor Ilona will guide you every step of the way. Gold coin donations are welcome!

You will need to bring: yoga mat, light rug and small cushion

Top ten reasons to try your hand at Yoga:

- ✓ Pain relief
- ✓ Decrease insomnia
- ✓ Improved circulation
- ✓ Better alignment
- ✓ Flexibility
- ✓ Increased strength

Every Thursday, 2pm to 3pm (*During School Terms only*)

at Holdsworth Community Centre, 64 Holdsworth St, Woollahra

Call Holdsworth Aged Services Team on 9302 3600

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