

ALL LEVELS YOGA WITH JODIE

**7 WEEK ONLINE ZOOM COURSE
TUESDAYS 1PM - 2.30PM
STARTING MAY 19TH**

*A variety of physical postures
breathing and deep relaxation*

WILMA
Women's Health Centre

**ALL LEVELS WELCOME
BOOKINGS ESSENTIAL**

please email wilma@wilma.org.au

For any enquiries or if you need help using ZOOM
please call (02) **4627 2955**