

**WED  
4  
APRIL**

# Experience the calming effect of Yoga



Come and experience the physical and mental health benefits of yoga, led by an experienced Yoga teacher.

***Refreshments will be provided.***

**FREE**

## Event Details

**When:** Wednesday 4 April, 9:30am – 10:45am  
**Where:** Park View Room, Ground Floor, Lane Cove Community Hub, 1 Pottery Lane, Lane Cove  
**Register:** Bookings essential, call **9427 6425** or email [jfaigen@sydneycs.org](mailto:jfaigen@sydneycs.org)

*Limited transport available. Pick up from Hunters Hill.*