

# Chair Yoga

Monday, 6th September, 2021  
To  
Wednesday, 8th, September, 2021  
1:30pm



If you can breathe, and have a chair, you can  
practice Chair Yoga!

Chair Yoga is an accessible, inclusive way to  
practice Yoga that is perfect for any body, on any chair, anywhere!

**The link for these 30 minute sessions will be available on  
Facebook, Blacktown Women's and Girls' Health Centre  
website, and directly on our YouTube channel**



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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