

Chair Yoga



Monday & Friday

1:30pm - 2:00pm

14th February to 8th April

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!

BOOKINGS ESSENTIAL if you would like to attend the centre as limited spots are available, or find the link on our Facebook page, Website or go directly to our YouTube page.

YouTube: <https://www.youtube.com/channel/UC3wMzhfL8kt3LXLJx6RvTg>



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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