



CHAIR YOGA

Boost strength,
flexibility, balance and
mental well-being

Chair yoga is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses.

Cost: **\$10 per session** - please bring exact cash to pay your yoga teacher directly.

Book now: phone 4125 5788

Enquiries: info@wbwhc.org.au

www.wbwhc.org.au



10:30 TO 11:15AM

TUESDAY'S (2026):

7, 14, 21, 28 APRIL
19, 26 MAY

2, 9, 16, 23, 30 JUNE



8 Truro Street
Torquay Qld 4655



Wide Bay Women's Health Centre Inc.