



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

THURSDAY'S
WEEKLY
16 JULY – 3 DEC
2026

NO CLASS DURING
SCHOOL HOLIDAYS



8 Truro Street
Torquay Qld 4655



Wide Bay Women's Health Centre Inc.