

# Seated Yoga

A weekly class facilitated by Carly Rowe. There are many benefits to doing seated yoga such as: improved core strength, balance, flexibility, mobility, improved mental health and positive emotions, increased oxygen intake, promote better breathing techniques, decrease feelings of isolation, help reduce stress and control weight. Come and find out more benefits to doing gentle yoga movements while seated.

Please wear loose comfortable clothing and ideally bring a bottle of water

## WHEN

Mondays - 10:00am  
to 11:00am.

## WHERE

Green Room, next to  
SNCC's downstairs offices -  
entry door is on right before  
entering LIFT.

Venue is accessed from The  
Hub car park.

## COST

\$10 per class.

## BOOKINGS

Essential, please register with  
our front desk volunteers.



## SPRINGWOOD NEIGHBOURHOOD CENTRE

[www.sncc.org.au](http://www.sncc.org.au)

[reception@sncc.org.au](mailto:reception@sncc.org.au)

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