

Lunchtime Yoga at Kelso

with Fran Pappalardo



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Embrace and discover the myriad of benefits of Yoga.

Fran Pappalardo invites you to join her in a unique, simple yet amazing total body workout.

Increase flexibility, strength and muscle tone while promoting relaxation and stress reduction.

Fran's Yoga programme is perfect for anyone who wants a slower and gentler workout that leaves you invigorated as well as quieting the mind.

- When:** Tuesdays
- Time:** 12.15pm – 1.15pm
- Cost:** \$15 per session (Student/Concession \$5)
(Please pay direct to Fran each week)
- Where:** CWWHC - 61 Boyd St. Kelso

Own mat and blanket required. *Numbers are limited*

For info call Central West Women's Health Centre on 6331 4133

