

# Parkinson's WA

## Park Yoga



## Schedule 2019



### Yoga for people with Parkinson's and their partners/carers

<b>Where</b>	George Burnett Leisure Centre, Cnr Manning & Elderfield Roads, Karawara
<b>When</b>	Wednesdays
<b>Time</b>	10.00am - 12.00 noon
<b>Cost</b>	\$10 per person, per class

### 2019 Yoga Schedule

<b>Term 1:</b>	6th February - 12th April
<b>Term 2:</b>	24th April - 3rd July
<b>Term 3:</b>	17th July - 25th September
<b>Term 4:</b>	9th October - 18th December

#### Includes:

- Seated and standing exercise routines
- Morning tea
- Free parking

Classes resume Wednesday 5th February 2020  
Contact us for more details or to register