



SouthPort  
Community  
Centre Inc.

# Accessible Yoga

**Accessible Yoga** is a gentle class that incorporates slow flowing movement and steady postures aimed to balance and nourish the whole body.

A 60 mins class, in which Filipa will guide you gently through a set of simple stretches, breathing exercises, and a deep relaxation practise.

**Yoga** is suitable for those participants with chronic illness, disabilities and older people (participants can be seated).

This yoga class is aimed at being accessible to lower income members of the community.

**Starting Date: 18<sup>th</sup> January 2024**

**Cost: Monthly Prepayment of \$20**

**Time: 10.15am – 11.15am**

**Venue: SPCC Liardet Hall**

Number of places limited to 14 participants. Prepayment is required in advance to secure a place.



**SouthPort Community Centre Inc.**

154 Liardet St, Port Melbourne VIC 3207  
Cnr. Nott & Liardet Sts.

ph. (03) 9645 1476

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

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

