

Supportive Care Yoga

Work-out
&
Work-in



Nourishing
Physical, Mental & Emotional
Wellbeing

Term 3, 2020  SCY for BCI

Times: Tuesday's: 6:00 PM - 7.30 PM and Thursday's: 11.00 AM - 12.30 PM

Dates: Tuesday's from July 21- September 22, 2020

Thursday's from July 23 - September 24, 2020.

Locations: *Face to face* in Seminar Room 7. Level 2, Westmead Education & Conference Centre, Westmead Hospital, or *Remote* online Zoom classes during COVID-19 restrictions.

Cost: First class free. \$90 for each 10-class pass (no expiry).

Pay: Cash or card to Westmead Cashier: 8890 9695 Code: 366906

Bring: Yourself, friend or carer, and water. All of yoga equipment is provided, although you may bring your own mat.

R.S.V.P. Please advise the BCI clinicians when you would like to commence by phoning 8890 9695 and providing your best contact phone and email to receive your SCY welcome pack.

Safety Notice: Strict health regulations apply to attending yoga classes, to be monitored according to NSW government updates.