



Carers Victoria Western Programs **YOGA CLASSES**



We all know carers have higher stress levels than non carers., so what better way to reduce your stress levels than attending a monthly yoga class with a qualified instructor.

This is a wonderful opportunity to participate in some mindfulness.

Eligibility: The Yoga classes are open to carers currently registered with Carers Victoria living in municipalities of Maribyrnong, Hobsons Bay, Brimbank, Moonee Valley, Melbourne, Melton and Wyndham.

AN **AUSTRALIA** THAT **VALUES** AND **SUPPORTS** ALL **CARERS**

www.carersvictoria.org.au

WHEN

Friday 20 March - Event #6965
Friday 17 April - Event #6966
Friday 15 May - Event #6967
Friday 19 June - Event #6968
Friday 17 July - Event #6969
Friday 21 August - Event #6970
Friday 18 September - Event #6971
Friday 16 October - Event #6972
Friday 20 November - Event #6973
Friday 11 December - Event #6974

TIME

11.00am – 12.00pm

WHERE

Kindred Studios
3 Harris Street, Yarraville

RSVP IS ESSENTIAL EACH MONTH

Call Carers Victoria on 1800 514 845 at least **one week in advance** of the event and quote the event number for the event you would like to attend.

CARERS VICTORIA

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