



Australian
Multicultural
Community
Services

FREE Online Yoga for Seniors: Exercise for Fitness and Fun

Join Aaron Joyner online, every Tuesday
on Zoom - Supporting Seniors' Wellness

Benefits for Seniors:

- Enhance mobility and reduce injury risks with Improved Flexibility.
- Improve Lung Function and Respiratory Health through Mindful Breathing.
- Boost Well-being with Relaxing Sessions.

What to Expect:

- Gentle Exercises Tailored for Seniors.
- Guidance for Safe and Effective Practice.
- Improved Balance and Coordination.
- Opportunities for Social Connection

This program is funded by the Ian Rollo Currie Foundation

When:



Online every Tuesday, 11 am - 12 pm



April 16th - June 18th, 2024

Register here:



For more information, contact Rasika at:



rasika.gamage@amcservices.org.au



amcservices.org.au

Australian Multicultural Community Services

We care, we support, we empower

ABN: 69 022 519 263