



**Strathfield Australians of Indian
Sub-continental Heritage Inc (SAISH)**

Invites You to Join

Sunday Yoga Classes for Adults

From 6th July 2025 to 14th December 2025

Group One

8.00am to 9.00am



Group Two

9.15am to 10.15am

Venue: *Ironbark Room, Strathfield Library, 65 -67 Rochester Street, Homebush 2140*

What to bring: *Exercise Mat, Cushion (Chairs available, if not able to sit on floor/mat)*

What to wear: *Choose clothes that are neither too baggy, nor too tight.*

For registration form , fees and payment instructions, please contact:

Holistic Yogshala hyogshala@gmail.com *Dinesh Garg* garg1050@yahoo.com.au

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