



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

Free Virtual Relaxation Class

“mums to mum” 媽媽休閒站 by Sarah

免費網上瑜珈班 導師 Sarah

Who:

Mums, family members welcome

When:

24/04, 08/05, 22/05, 05/06, 19/06, Every Second Friday

Join Zoom Meeting:

每隔一個星期五下午 5:00pm – 6:00pm

<https://us04web.zoom.us/j/5649988835>

What you will need:

Computer or laptop with a camera, ipad, mobile or tablet, mat, water

Please log in 10mins early to catchup before the class! 😊

