



WoW! Active Public

This is a FREE & FUN session to be ENJOYED BY ALL!
Healthy Lifestyle Actions!



WEDNESDAY 5TH FEBRUARY 2020

In Partnership with
**CONSULATE GENERAL OF INDIA
CAPE TOWN**

**FUN & FREE YOGA with
Mr. BHARAT KUMAR SHARMA
Teacher of Indian Culture**

**Where: Iziko Museum,
The Old Mind Space,
25 Queen Victoria Street,
Cape Town, CBD**

**When: Wednesday, 5th February 2020
Starting at 13h00pm till 14h00pm**

**Dress: Comfortable clothing. Please bring a
Yoga Mat or Towel**

Be part of the **WoW!** Movement!

Thank you for helping us to
Create a Culture of Wellness Together!

WoW! is a healthy lifestyles initiative of the Western Cape Department of Health and its valued partners. WoW! Active Public promotes and activates healthy lifestyle actions in Public Spaces in the City Centre and ultimately across the Western Cape!

**For more information contact
the WoW! team:**

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 **www.westerncape.gov.za/wow**

 **WoW! WesternCape On Wellness**

