

## Australian city Mayor promotes Yoga for mental health

CITY of Gosnells Mayor Glenn Dewhurst has urged kids to take up yoga as a way to help maintain mental health. Mayor Dewhurst joined children at Leisure World in Thornlie to promote the centre's junior yoga program and encouraged youths to take up yoga to help manage stress.

[Gosnells is a suburb of Perth, located within the City of Gosnells. Gosnells is approx. 20 kilometres south-east of Perth CBD.](#)

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