

Build with communities in mind

SMNWP Newsletter
June 2025



Welcome!

Slow down this International Yoga Day

Saturday 21 June is your gentle reminder to pause, breathe, and reconnect with your body, your breath, and your calm. Yoga is more than a stretch, it boosts balance, clears the mind, helps you sleep better, and leaves you feeling amazing inside and out.

So why not make it a habit? Join our free [Live Life Get Active](#) yoga sessions every Friday at 9:30am during school terms. All levels welcome! no pressure, just peaceful vibes. Roll out your mat, shake off the stress, and give yourself the gift of stillness. [Sign up now](#) - your future self will thank you!

[Start your wellness journey now](#)



What's on



It's pyjama dance party time in Bella Vista!

Roll out of bed and head straight to the dance floor on **Wednesday 11 June** as [The Stage Door Dance](#) brings you a special [Pyjama Week](#) themed class at Bella Vista Pocket Park.

These free classes are a great way for little ones to build confidence, make friends, and groove to fun beats - all while staying comfy in their favourite PJs. Whether it's flannel jammies or the fluffiest Oodie, all sleepwear is welcome.

No need to change - just bring your best moves and plenty of energy.

[Secure your spot now](#)

Skate up a storm at Beaumont Hills

While our Totem Skateboarding workshops are taking a winter break, the fun doesn't have to stop! Grab your board, rally your crew, and roll over to Beaumont Hills Skate Park - your go-to local spot to stay active and keep those skills sharp during the colder months.

We'll be back with more epic [workshops](#) later this year, so keep an eye on your inbox for updates. Until then, stay warm, stay stoked, and keep shredding!

[Find the park](#)



About Sydney Metro Northwest Places

Landcom and Sydney Metro are working closely with the community to plan, create and activate new places for Sydney's Northwest locals to live, shop, work and play, all within walking distance of Sydney Metro Northwest stations.

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