

A woman is shown from the back, performing a yoga pose with her arms raised and hands clasped above her head. She is wearing a white tank top. The background is a soft, light-colored gradient.

YOGA BASED STRETCH & RELAX CLASS for BEGINNERS

Are you looking to increase flexibility, improve body strength, posture, balance & co-ordination? This yoga based class can help achieve all of the above using a series of gentle stretching and balancing poses.

Finishing with a relaxation session it's a great way to unwind and de-stress.

Suitable for all age groups and a perfect complement to other physical activity i.e. golf or gym work or as an exercise in its own right.

Yoga is also thought to be beneficial for a wide range of health problems including insomnia, asthma, arthritis, diabetes to name a few.

R.Y.S. and Yoga Alliance teacher fully insured.

I am also qualified to teach yoga for people with M.E. and chair yoga for people with mobility problems.

Come along and have a go. Wednesdays 6 pm
Lakeside Lodge Pidley. £5 per class

Any questions please ring Linda on 01487 840160