



Stay Calm

You don't have to tie yourself in knots!

Slow and Gentle Yoga

**Increases your flexibility,
Reduces stress and tension**



**Improve muscles tone, posture, strength
and balance .These simple and powerful**



**yoga exercises and
stretching techniques have
effective long—term health**

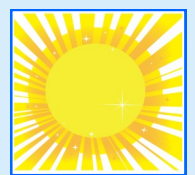
**benefits which can be adapted for you
and can be done on a chair**

CLASSES START

WEDNESDAY 22ND JULY 2015

11-12PM

£2



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