



## 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**

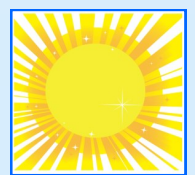
**CLASSES START**

**WEDNESDAY**

**19TH JULY - 20TH SEPT 2017**

**11-12PM**

**£3**



Registered Charity: SC002491  
Company Number : SC215070

[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)



PARTICK  
HEALTHY LIVING CENTRE

