



**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**

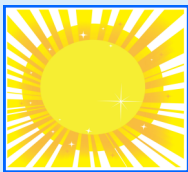
**benefits which can be adapted for you and can be done on a chair**

**CLASSES START**

**WEDNESDAY**

**17TH JULY – 11TH SEPT 2019**

**11-12PM**



**£3**

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PARTICK HEALTHY LIVING CENTRE

