



# Connects2Project

## Gentle Exercise Class

coordinating slow flowing movement,  
deep rhythmic breathing, and calm meditative  
state of mind.

Stretch & strengthen  
to improve circulation flexibility & balance



Enhance mood & focus  
Increase your energy &  
Improve health and overall well-being

**Fridays 2-3pm**

**Starting**

**2nd August—13th September 2019**

**£3**



Registered Charity: SC002491  
Company Number : SC215070

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



PARTICK  
HEALTHY LIVING CENTRE

