



# **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  
6th Oct — 8th Dec 2017**

**£3**



Registered Charity: SC002491  
Company Number : SC215070  
[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)



PARTICK  
HEALTHY LIVING CENTRE

