



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

5th October—7th December 2018

£3



Registered Charity: SC002491
Company Number : SC215070
www.annexecommunities.org.uk



PARTICK
HEALTHY LIVING CENTRE

