



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**

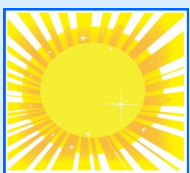
CLASSES START

WEDNESDAY

23RD JAN-27TH MAR 2019

11-12PM

£3



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HEALTHY LIVING CENTRE

