Yoga Classes (for older adults)

Improve your health and wellbeing today

Enjoy Yoga to:

- Stretch and relax
- Strengthen muscles
- Improve balance
- Improve flexibility
- Improve circulation

Information:

- Especially for adults aged 50+
- Suitable for all abilities
- Equipment provided
- Experienced Instructor
- British Wheel of Yoga Qualified

THE BRITISH WHEEL OF YOGA

REGISTERED REPs EXERCISE PROFESSIONAL

Where: Benington Parish Hall, Walkern Road near Benington Green
When: Every Thursday, 2.30—3.30pm (starting 12th May)
How long: 36 weeks - please see reverse for dates
How much: £4 per session (first class free) or £28.00 for block of 8
How to book: You can join at any point throughout the year, but please ring in advance to check availability.

Contact: Joe Capon—01707 281004

www.sportinherts.org.uk/50activities

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