

NEW YOGA CLASS

These classes are suitable for people of any age or physical condition. Also for yoga beginners as well as those with experience. The first session on will be free.

Classes will last for 90 minutes and include breathing exercises to deepen and lengthen the breath, meditative relaxation to release tension and create a sense of inner stillness and calm, and postures to increase strength, flexibility, balance and co-ordination.

<p>Wolston Leisure Centre Fridays 11.00 am – 12.30 pm <i>Commencing</i> <i>Friday 11 September 2009</i></p>

Cost: £25 for five sessions or £6.50 per session

You can join at any time so just pop along to a class. Alternatively, if you have any queries, or would like to know more, call Chris Richley on 07818061765.