

CHAIR YOGA



**Stretch and Strengthen from the comfort of a chair
Help to ease out stiffness in joints to help with everyday
movement.**

Techniques to help Breathing and Relaxation

Sessions at Age Concern - Sandwich

£6 per class

Mondays 10.30am – 11.30am

Start Mon 13th Sept 2021

Lorraine – Qualified British wheel of Yoga Teacher

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