

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

**Lorraine – Qualified British wheel of Yoga Teacher
07799814280. lorraine.m.irwin@btinternet.com**

