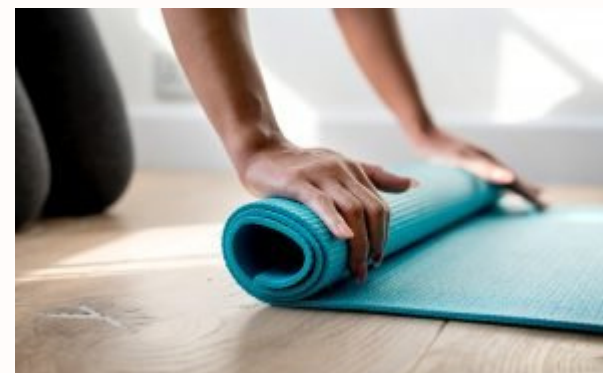




Yoga with Paul Thomson

CHAIR YOGA **Monday 12 Meetings** **12:00 - 13:00 or 13:15 - 14:15**

Chair based Yoga is suitable for everyone, but people that struggle to get up and down from the floor will benefit from this style of yoga. You will work at your pace, with modifications and props and will be guided through the postures to improve flexibility, bone density, strength and balance, lung capacity and breathe awareness. Help with stress and sleep disorders

Starts 7 September

HATHA YOGA FOR EVERYONE **Friday 12 Meetings 12:00 - 13:00**

Hatha Yoga includes posture Asanas which are a system of movements to create strength and flexibility in every part of the body, stretching and toning the muscles, joints and spine. Pranayama, breath work, many of us have lost the art of breathing correctly. Breath is the essence of life and most of us take it for granted. It's the first thing we do when we're born and the last thing when we leave. Every moment in between is connected by breath. We use different exercises to increase lung capacity and help focus the mind.

Starts 11 September

YOGA FOR BACKS **Friday 12 Meetings 14:30 - 15:30**

Bad posture, stress and pulled muscles are the main causes of bad backs and can lead to prolonged pain and time off work. Sometimes it could be something more serious, a slipped disk, Sciatica or Osteoarthritis which can mean a longer period of back pain. This includes gentle movements with the breath, building suppleness in the body and spine to increase body awareness and improve posture. Building core strength, some sitting and standing posture alignment and some mild stretches, finishing with relaxation, will help with your back issues.

Starts 11 September