

YOGA FOR WOMEN AND MEN



Yoga is a safe and effective way to increase physical activity, especially strength, flexibility, balance and breathing. Suitable for beginners and for people who do other forms of exercise but need to stretch more. All classes are run by Shirley Jacobs, Fierce Grace Yoga alliance accredited Yoga Instructor. Mats are provided, please bring a small towel.

Strength and flexibility class

Mondays 6.30pm - 7.40pm

Wednesdays 6.30pm - 7.40pm

Total body workout. Use breath and movement to realign the body and short meditation to relax the mind.

Stretch and relax class

Tuesday 6.30pm to 7.40pm

The deepest stretch. This alignment class is mainly floor based. Open your hamstrings and your hips, release tension. Short meditation to relax the mind.

Only £7 per class

SPECIAL OFFER

Book two classes in a week for a special price of

£10

**Starts Monday
5th June 2017**



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