


# Chair Yoga


Gentle Movement • Calm Breathing • Time to Unwind

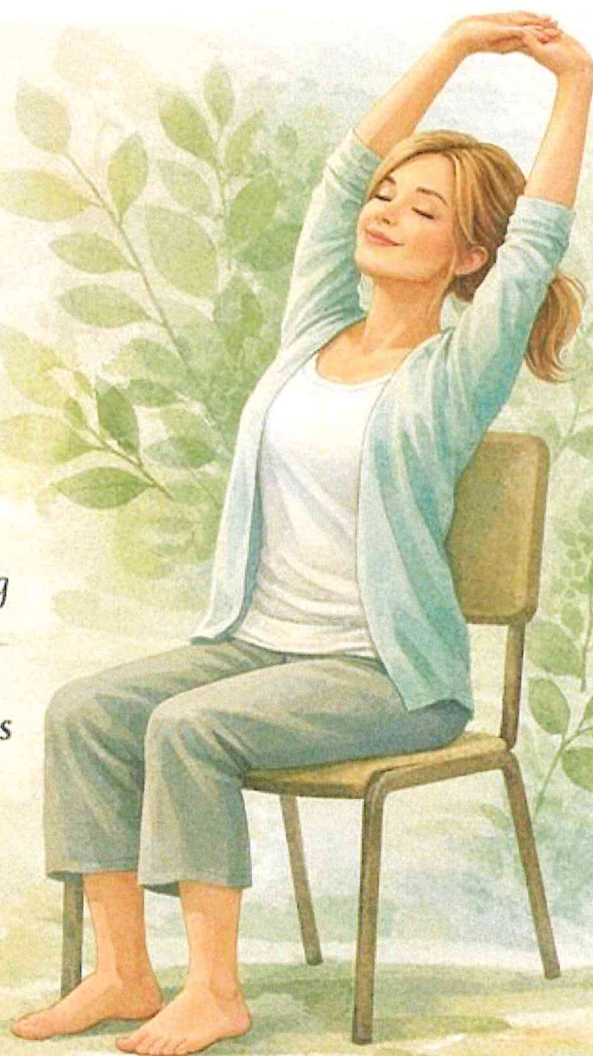
Take a peaceful break  
and enjoy the benefits:

-  Improves Flexibility
-  Builds Gentle Strength
-  Boosts Circulation
-  Reduces Stress & Anxiety
-  Brings a Sense of Wellbeing


 Pembroke Community Rooms  
102 Pembroke Street

 Mondays  
9.30 – 10.30 am

 £3.50 per session



— To Book or Find Out More: —

 Call: 607277

 Email: [office@pembrokestreet.co.uk](mailto:office@pembrokestreet.co.uk)

— All Welcome — No Experience Needed —

