

Chair Yoga

Gentle Movement • Calm Breathing • Time to Unwind

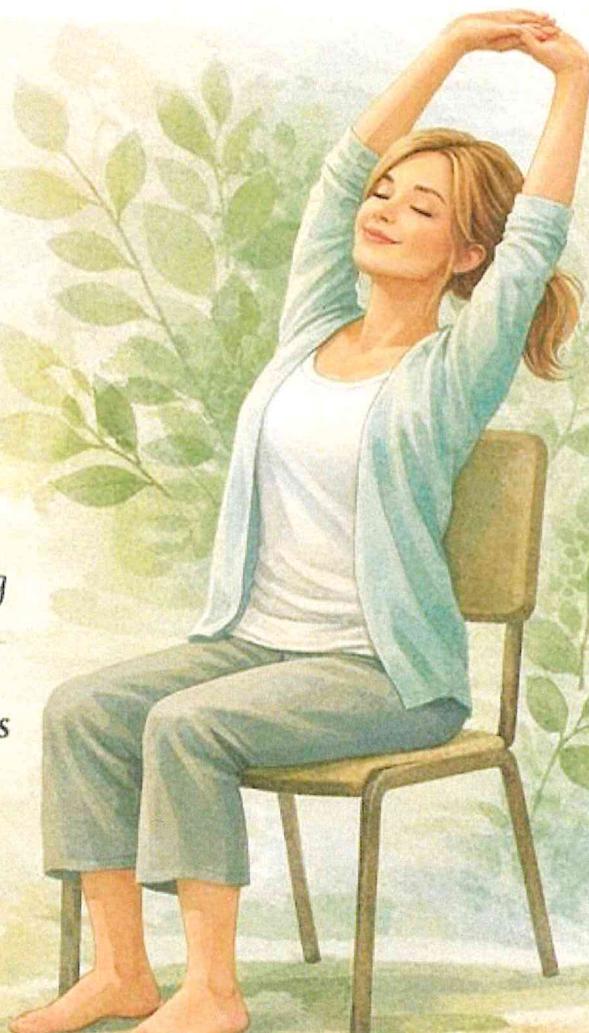
Take a peaceful break
and enjoy the benefits:

-  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

— All Welcome — No Experience Needed —

