

# CHAIR YOGA

for all Slough Residents - Starting on Tuesday 26<sup>th</sup> July

12-1 pm, in The Resource Centre ,Main Hall,

29 Church Street, Slough.



Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

The gentle movements and breathing exercises practiced help to

\*improve mobility, and range of motion

\*improve strength and flexibility

\*release stress and calm the mind.

**Limited places are available**

**Contact Dolly Bhaskaran to book a place**

**Mobile No 07846312831.**

