

# INTRODUCTION TO YOGA



I manage relapsing/remitting MS using yoga and am looking to run a gentle introduction to mat, floor based yoga at the Mathiesen Centre, Bradville over 4 weeks from 20<sup>th</sup> April. I want to share the benefits of yoga.



**I am a Yoga Alliance UK trained, Registered and Insured Yoga Teacher**

To book a space or any questions Call Karen on **07989 024390** or email **[karennoon@hotmail.com](mailto:karennoon@hotmail.com)**

**£20 for 4 Weeks**  
(book direct with Karen or £28 via The Yoga Club)

**Starts Friday 20<sup>th</sup> April 10-11am**

Improve your flexibility \* Build Muscle Strength \*  
Maintain your nervous system \* Boost your immune system \* Improve balance \* Release tension \* Regulate your adrenal glands \* and simply RELAX

**Mathiesen Centre, Bradville MK13 7AG**