

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 20th 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**

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

Starts Friday 20th 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