

Inner Axis.....*feel better fast*

- better sleep
- more energy
- less anxiety and stress
- better mobility and flexibility
- fewer aches and pains
- more strength and balance

Breathing for many health and emotional benefits, safe **Yoga** without the jargon

STARTS MONDAY AUGUST 2nd

11.45am - 1.15pm

First session is free!

Come along and see how you feel

Silver Road Community Centre, Silver Road NR3

Classes cost £7 or £5 in advance Mats/Equipment provided

Everyone welcome, especially beginners, older people, large people and those who wouldn't dream of doing yoga ; -))

More information from **07748965654** or Facebook page **LizReedYoga**