

<http://www.junemitchellyoga.co.uk>

Birnam/Dunkeld

Ease-y Movement and Relaxation Class

with June Mitchell

Course Director for CYS Yoga Teacher Training

These are sessions which will give careful movement to stretch the body and move the joints, plus gentle strengthening of the muscles. There will also be simple breathing exercises and relaxation and the class will give practical ways of feeling calm and relaxed.

'Having been used to an very active life as a yoga teacher of many years, my experiences of being not able to do so much over the past eighteen months have made me realise there must be many people who know they need to do something but don't know quite what and are not up for anything too vigorous and I hope these sessions will be helpful and encouraging.'

Wednesday evenings, 6.30 – 7.30pm

Birnam Hotel, Birnam

- suitable for everyone, men and women
- especially anyone with muscle pain or joint stiffness, such as arthritis
- or with a bad back, or an injury
- or dealing with a chronic condition
- or recovering from illness
- come in clothes you can move easily in
- bring a mat or light blanket

Starting

Wednesday, 4 August 2010

Cost: £6, Concessions: £4.50

If you would like to put your name down to try out the first evening, or ask any questions, please call June Mitchell on 01350 728773 or email on june.yoga@btinternet.com