

MOVE, RELAX, CHAT

CHAIR BASED

12 WEEK PROGRAMME OF GENTLE CHAIR
BASED EXERCISE AND MOVEMENT

CRAIGMILLAR/NIDDRIE GP PRACTICE,
Craigmillar Medical Group, 106 Niddrie Mains Road, Edinburgh, EH16 4DT

START DATES: Block 4 - Thursday 10th August, Weekly thereafter and
Block 5 - Thursday 9th November, Weekly thereafter

TIME: 2-3.30pm

Join us for our new 12 week chair based movement class with time for a chat afterwards.

This class might be good for you if you have chronic pain, are feeling a bit down or if you just want to get out and move a bit more. Once your health care worker refers you Edinburgh Community Yoga will contact you with more info.

Gentle, chair-based exercises are great for improving posture and balance, and are suitable for people with reduced mobility.

