

# MAT-BASED YOGA AND MEDITATION CLASS

## WHAT TO EXPECT

### WHO

You have been referred to our free yoga class and we are looking forward to welcoming you soon. Please note you do not need to be fit or flexible to attend this class!

### WHAT

Your class will include stretching and strengthening movements, breathing, meditation and relaxation exercises. Everything is optional and you will be encouraged to go at your own pace.

The class is suitable for absolute beginners.  
If you would like, you are welcome to join the group for refreshments and chat at the end.

### WHERE

**Weekly on Mondays 4.00-5.15pm with John  
Thistle Foundation, 13 Queens Walk  
Craigmillar, EH16 4EA**

### HOW

You have already been referred.  
All you need to do is come along! (Details above)  
Please dress comfortably (shorts, leggings or joggers and a vest or a t-shirt are perfect). Try to avoid eating a large meal before the class.

### WHY

Take time to just be. Come to learn relaxation exercises and healthy coping techniques in a supportive group. Meet new people and feel the positive effects of yoga such as improved mood and a reduction in physical and mental health symptoms. All welcome.