

FREE: MOVE BREATHE RELAX

CHAIR YOGA, TEA AND CHAT IN METHIL
STARTS TUESDAY 23RD APRIL 2024 1100-1230

Come and take
time out to just
'be'.

Optional time for
chat and
refreshments after
the class.

Improve your
mood and
mental health

Reduce
physical health
symptoms

Improve your
mobility,
posture,
flexibility and
strength

EDINBURGH
COMMUNITY
YOGA

Learn
relaxation
exercises and
healthy coping
tools

Meet new
people in a
supportive
group

ASK YOUR GP OR COMMUNITY LINK WORKER TO
REFER YOU

TUESDAYS 1100-1230 Methil Community Education
Centre Bowling Green Road KY8 3DH



No drop-ins please. Ask your social worker, GP, link-worker, mental health nurse, substance use worker, or a member of staff from the community education centre to refer you

Scan me!

FUNDED BY THE RIVER LEVEN COMMUNITY FUND

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www.edinburghcommunityyoga.co.uk

METHIL CHAIR 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.

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 and people with health conditions and limited mobility. If you would like, you are welcome to join the group for refreshments and chat at the end.

WHERE

Weekly on TUESDAYS at 1100- 1230
METHIL COMMUNITY EDUCATION CENTRE
STARTS 23RD APRIL 2024

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). You can wear shoes in the class if you wish.

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.

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