FREE: MOVE BREATHE RELAX CHAIR-BASED YOGA & MEDITATION CLASSES AT THE GYLE



exercises and healthy coping tools

people in a supportive group

BOOKING IN ADVANCE ESSENTIAL - SEE HERE FOR OPTIONS

ASK A TRUSTED PROFESSIONAL TO REFER YOU

Ask them to scan the QR code here and complete the online form -BOOK YOURSELF IN ONLINE: www.edinburghcommunityyoga.co.uk (Click 'Book a Class)

BOOK YOURSELF IN VIA EMAIL:

admin@edinburghcommunityyoga.co.uk BOOK YOURSELF IN VIA TEXT/CALL 07931-258-465 (M-F from 12pm-3pm)



Scan me!

admin@edinburghcommunityyoga.co.uk 07966 502 085 www.edinburghcommunityyoga.co.uk