

FREE

MAT YOGA & RELAXATION CLASS

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

Learn
relaxation
exercises and
healthy coping
tools

Meet new
people in a
supportive
group



Intercultural Men's Yoga Class

Wednesday's 4.30-5.30pm, Thistle Foundation

This mat-based yoga class is facilitated by Sikh Sanjog. The sessions are open to all men and we aim to offer an intercultural Men's Yoga class. This accessible class is open to beginners but does require you to be able to make it up and down to the floor unaided. The class is made up of gentle movements, yoga poses, and breathing practices designed to support your mental and physical health and to lift your mood. No drop-ins please contact us on the below details to book. Sessions will run from Wednesday 3rd September - Wednesday 10th December 2025.

INTERCULTURAL MEN'S YOGA CLASS, MAT-BASED YOGA AND RELAXATION WHAT TO EXPECT

WHO

This mat-based yoga class is facilitated by Sikh Sanjog. The sessions are open to all men and we aim to offer an intercultural Men's Yoga 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 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 of the class. The centre will close at 6pm.

WHERE

Wednesday's 4.30-5.30pm, Cherry Room, Thistle Foundation

Sessions will run from Wednesday 3rd September - Wednesday 10th December 2025.

HOW

Please contact us to book admin@edinburghcommunityyoga.com

Then 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 men welcome.