

# CHAIR-BASED YOGA & MEDITATION

## 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.

### WHERE

Space to Be, Second Floor, Gyle Shopping Centre EH12 9JY  
Friday's 11-11.45am  
6 Weeks: 8th Nov - 13th Dec

### 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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