

GENTLE YOGA MOVEMENT AND MINDFULNESS

WHAT TO EXPECT

WHO

This class is for you if you are looking for a gentle yoga class that is trauma-informed and has a focus on supporting your health and well-being. All genders and absolute beginners welcome.

WHAT

Your class will include mindfulness, stretching and strengthening movements, breathing, 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.

WHERE

Weekly on Mondays at 5.45 -6.45pm
The Crannie
9 Cranston Street
EH8 8BE

HOW

You may have already been referred by a professional, or if not, you can contact us to book. (Details below).

Once you are booked in, all you need to do is come along!
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 and yoga mats are provided.

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.