

YOGA FOR HEALTH

ABSOLUTE BEGINNERS WELCOME

FREE Weekly Yoga Classes in Edinburgh



WHEN: Monday's 4-5.15pm, with John

WHERE: Thistle Foundation, 13 Queen's Walk, Edinburgh EH16 4EA

Yoga for Health (mat-based yoga) - 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.

WHEN: Monday's 1.15-2.15pm, with Elle

WHERE: Space to Be, 2nd Floor, Gyle Shopping Centre, EH12 9JY

Yoga for Health (mat-based yoga and relaxation) - 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.

WHEN: Thursday's 11.00-12.15pm, with Moira

WHERE: The Bothy, 92 Niddrie Mains Road, Edinburgh, EH16 4DT

Yoga for Health (chair-based yoga) - Let's Move, Relax, Chat. This class might be good for you if you have chronic pain, are feeling a bit down or if you just want to get out and move a bit more. Chair yoga offers you the chance to gain all the benefits a regular yoga practice offers without compromising your health by overdoing it in any way. This class includes time for a cup of tea and chat at the end.



Drop in or book your space in advance

YOGA FOR HEALTH

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Space to Be, Thistle Foundation and The Bothy

Pricing: FREE or by donation



space to be

community, information



FREE

Our Yoga for Health classes are FREE or by donation. You can drop in or book your space in advance (see below).

- Thistle Foundation | This class is supported by Craigmillar and Portobello Community Grant Fund.
- Space to Be | This class is supported by North West Edinburgh, (Almond, Forth, Inverleith and Western Edinburgh), Community Grants Fund
- The Bothy | This class is supported by EVOC Community Mental Health and Wellbeing Fund Award

Drop in or book your space in advance

BOOK IN ONLINE: www.edinburghcommunityyoga.co.uk
(Click 'Book a Class')

EMAIL: admin@edinburghcommunityyoga.co.uk

