

GENTLE YOGA & RELAXATION

ABSOLUTE BEGINNERS WELCOME

Mondays, Weekly Lunchtime Yoga Classes

Pricing: **FREE** or by donation



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

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

Gentle Yoga and Relaxation (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.

Variations are given to suit all levels making it appropriate for absolute beginners, or anybody who wants to slow down and relax.

This class is supported by North West Edinburgh, (Almond, Forth, Inverleith and Western Edinburgh), Community Grants Fund

Drop in or book your space in advance

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

