

# YOGA FOR HEALTH

**ABSOLUTE BEGINNERS WELCOME**

**FREE Weekly Yoga Classes in Craigmillar**



**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: Thursday's 11.15-12.30pm, with Moira** *Starts 12/1/23*

**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.



**Book your FREE space in advance**

BOOK IN ONLINE: [www.edinburghcommunityyoga.co.uk](http://www.edinburghcommunityyoga.co.uk)

(Click 'Book a Class')

BOOK IN VIA EMAIL:

[admin@edinburghcommunityyoga.co.uk](mailto:admin@edinburghcommunityyoga.co.uk)

BOOK IN VIA TEXT/CALL

07931-258-465 (M-F from 12pm-3pm)

