

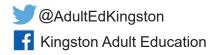
Classes include a mix of postures, that include versions of hip openers, twists, inversions, side and gentle back bends as well as breathwork and mindfulness practise.

Everybody can join in a Chair Yoga Class including those with knee or hip replacements, inner ear or balance issues, dizziness, head injury, Joint pain or Arthritis, vision or hearing impairment.

Benefits include - improved focus, body alignment, mobility, posture, balance, flexibility, and strength. It also benefits the mind and breath, and is sociable and fun!



HQ King Charles Centre, Hollyfield Road, Surbiton, KT5 9AL. Office: 020 8547 6732 email: communitylearningkae@kingston.gov.uk web: www.kingston.gov.uk/adulteducation













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