

Saturday **YOGA** Class

Yoga@InspirationalLifeSolutions.com

www.InspirationalLifeSolutions.com



Class held at:

Sheldwich Village Hall

Teacher: Vicky Smith,
qualified yoga teacher and
trainee Yoga Sport Science
(YSS) Coach



YOGA FOR EVERYONE

Our yoga class is for the young and the young at heart. You don't have to be fit or flexible to do yoga, but that's how you'll end up! Yoga can alleviate and prevent back, hip, joint and muscle pain as well as strengthen muscle and increase bone density. Plus you can improve sports performance and prevent sport related injuries. Everyone is welcome, all equipment is provided - just turn up in comfy clothes.

SATURDAY YOGA CLASS

9.00am - 10.15am

Mixed Ability Class

Classes will have options for all levels of age, fitness, mobility and ability as we make adjustments to suit everyone, so everybody is welcome. Call Vicky to discuss your specific needs, or to book a class.

**COME ALONG AND GIVE
YOGA A TRY. YOU'LL
RECEIVE A WARM WELCOME
AND HAVE LOTS OF LAUGHS,
AS WELL AS LEARNING
ABOUT WHY WE SHOULD
WORK OUR MUSCLES IN
CERTAIN WAYS.**

CLASS PRICES

**Try a class for £10. If you
like it, £45 gives you 5 yoga
classes.**

Tel: 01795 888510

Inspirational Life Solutions
The Home of personal transformation

