

# CHAIR YOGA

WEDNESDAYS 12PM – 1PM

THE NOVARA CENTRE, SEAFRONT, BRAY

**\*NEW YEAR SPECIAL\***

**7 CLASSES FOR  
THE PRICE OF 6...  
JUST €60!**

- TROUBLE MOVING, BENDING & LIFTING?
- DIFFICULTY GETTING UP & DOWN TO THE FLOOR?
- WANT A GENTLE WAY TO IMPROVE MOBILITY, POSTURE, BREATHING, STRENGTH & FLEXIBILITY?

**EXERCISE YOUR WHOLE BODY WITH CHAIR-BASED YOGA  
STRETCHES & SOME OPTIONAL STANDING POSES  
CLASS FINISHES WITH A RELAXATION**

**FOR MORE INFORMATION CONTACT RACHEL  
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