



Rosie CHAIR YOGA CLASS

BREATHE. STRETCH. THRIVE.

*Yoga
for every
body. ♡*

Chair Yoga Classes

Gentle. Accessible. Empowering.

Yoga for every body, every age and every ability.

EVERY
WEDNESDAY



10 AM

FIRST CLASS FREE!



BOB WHILEY COMMUNITY CENTRE
Shop Road, Knowsley Village,
Merseyside, L34 0HD

EVERY
WEDNESDAY



7.30 PM



BOB WHILEY COMMUNITY CENTRE
Shop Road, Knowsley Village,
Merseyside, L34 0HD

SESSION FEES



£6

PER SESSION
(Morning Class)

OR

£7

PER SESSION
(Evening Class)

£20

FOR 4 SESSIONS
(Morning Class)

£25

FOR 4 SESSIONS
(Evening Class)



Improves
flexibility &
mobility



Supports heart
health &
circulation



Builds strength
& muscle
tone



Reduces stress
& promotes
relaxation



Enhances
balance &
coordination



Boosts mood
& overall
wellbeing



ONLY THE FIRST MORNING CLASS IS FREE! ♡

Led by a Registered Nurse

You're in safe, caring hands.



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rosiechairyoga.carrd.co

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