

Yoga & Mindfulness

**Every Monday Evening
From 28th March
6.00 pm to 7.30 pm
Cost £7**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

Regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains, depression and stress.

Please bring your own Yoga mat.



**Tutor: Melanie Mason
At The Jubilee Centre, Mosley Avenue,
Bury, BL9 6NJ. Tel: 0161 763 9030**