



**FREE YOGA  
SESSIONS**



**8<sup>th</sup> February until 29<sup>th</sup> March 2018**

**Thursday at 2.00pm – 3.00pm**



**Age UK Plymouth**

**William & Patricia Venton Centre**

**Astor Drive**

**Mount Gould**

**Plymouth PL4 9RD**

**Telephone for enquiries: 01752 256020**

**GENTLE ADAPTIVE  
YOGA!**

**GAIN CONFIDENCE!**

**NURTURE WELL-  
BEING!**

**CONNECT WITH  
OTHERS!**

**ENGAGE IN LIFE  
LONG ACTIVITY!**

**RUTH WAY**

Somatic  
Movement  
Educator

Plymouth University

**WITH  
PLYMOUTH  
UNIVERSITY**