

Gentle Mature Yoga Classes with Jody



- Would you like to start Yoga, but feel a little hesitant or intimidated?
- Have you decided that you need to take better care of yourself?
- Do you have stress/tension/anxiety in your life and need to relax more?
- Would you prefer to come to a class especially for us not so young ones?
- Would you like a class that is gentle and non-competitive?
- Do you feel tight or stiff and want to do something about this?

If the answer to any of the above is 'yes' then these are the classes for you. They are slow-paced, to gently move and stretch your body. No pressure, just do what you can and enjoy nourishing your mind and body. Benefits may include:

- A sense of calm and well being
- Gradually more flexibility
- Increased muscle tone
- Improved quality of sleep
- Reduction in stress and tension
- Increased range of mobility



Classes: Mondays 1.30-2.15
Wednesdays 9.30-10.15
Fridays 10.45-11.30

Cost: £10 per class, or
'Gentle Mature Yoga' monthly membership £55
To book or for more info
please email Jody@YogaAkasha.co.uk