

Gentle Mature Yoga with Jody and Sam



- Would you like to start Yoga, but feel a little hesitant or intimidated?
- Have you decided that you need to take better care of your body?
- 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?
- Do you feel tight/stiff and realise that you need to do something about this?

If the answer to any of the above is 'yes' then these are the classes for you. It is a slow-paced class 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 a little more flexibility
- Increased muscle tone
- Improved quality of sleep
- Reduction in stress and tension
- Increased range of mobility



With Jody: Mondays 1.45-2.30

Wednesdays 9.30-10.15

Fridays 10.45-11.30

With Sam: Tuesdays 6.15-7.00pm

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