



Free Classes Gentle Yoga Classes

Wednesdays 9.30-10.30am

Classes are Online on Zoom for you to participate in, in the comfort of your home.

Suitable for;

Great for beginners or people returning to exercise, recovering from injury, illness, living with fibromyalgia, a disability, arthritis, health issues, long term illness, chronic pain or chronic fatigue, an elder, or simply in need of stress relief! Classes are fun, informal and everyone is made to feel welcome.

About the class:

You are welcome to come along to the class and join us on Zoom. If you are unable to attend the class time, you can request to watch the recorded classes on a mat, in a bed, standing, whatever works best for you. In class we will do; Breath exercises, Meditation, Mindfulness, Gentle Yoga Postures and Relaxation

Yoga Can Bring Many Benefits: Can help with;

Calming the mind, relieves stress and anxiety. Increases muscle strength, Tone. Improves flexibility. Can support memory loss and cognitive decline. Improves digestion. Improves sleep. Stimulates the respiratory system and increases lung capacity. Improves balance and stability and is lots of fun!

What People Say About The Classes

"Thank you that class was amazing. I haven't been able to join other peoples classes because they are usually too hard for my fibromalgea. This class was perfect for me." Suzzanah P

"I've just finished my first gentle yoga session with Jules, I've never done any yoga before and, with a nagging shoulder injury this is just perfect. I feel like I've just given myself a gift." Thank you Jules." Sam. M

Contact Jules on email for more info on the class- juleswellbeing@gmail.com

The Classes are kindly funded by St Monica Trust, Active Ageing and Alive. They are Free- you are welcome to drop in to each class.