

# *Breathe, Stretch & Relax*

*Suitable for anyone **over 60** who is wants to attend general fitness or yoga classes, but due to physical restrictions feels **unable to...***

Free your body, breath and mind with tools that will help you to improve your sense of well-being, increase optimism, energy levels and help to retrain core support which helps with walking, etc.



- Venue: **LIBRARY MEETING ROOM, 14 Gresham Road, Oxted, RH8 0BQ** (access through door beside Health Centre or via Library for lift)
- Dates: **Tuesdays - (call or email for dates)**
- Time: **2.00 – 3.30pm, starts 13<sup>th</sup> September 2011**
- Cost: **£35 for 5-week course** (Places are limited so call or email for reservation – payment due in advance to secure place.)
- Contact: **Penny Roberts 01883 723227** (BA Hons, BWY Dip. YBT Dip)
- Email: [penrobbyoga@hotmail.com](mailto:penrobbyoga@hotmail.com)

