



St Peter's Church Hub, Hereford

Chair Based Yoga

Mondays, 12am - 12.45am

Chair based yoga is for those that require a more gentle approach to yoga.

This class is particularly beneficial for the elderly and people recovering from injury or illness. There will be work with the breath and with laughter! £6 a session First class is free.

Call Alison Mann on 07900 335968 for more information. www.pathstowellbeing.co.uk