

Starting Thursday 4th Feb for 6 weeks

11.00am - 12.00pm

FREE to everyone via ZOOM link



Benefits of a consistent yoga practice include:

- Increased Strength
- Enhanced Flexibility
- Improved Joint Mobility
- Ease of Back Pain
- Improved Posture
- Increased Circulation
- Release of Tension
- Improved Balance
- Improved Bone Density
- Calmer Mind
- Improved Breathing
- Lowered Blood Pressure

Chair yoga is ideal for those who struggle to move up and down from the floor (due to knee or hip injuries, arthritis, etc.), for anyone experiencing difficulty standing, severe aches and pains, balance issues, as well as those who just want to experience yoga in a relaxed, comfortable position.

**If you would like to participate
please contact Sandra on 0861744863 or Tracey on 0861382482**



Rialtas na hÉireann
Government of Ireland



The Community Mental Health Fund, supported by the Department of Health



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth