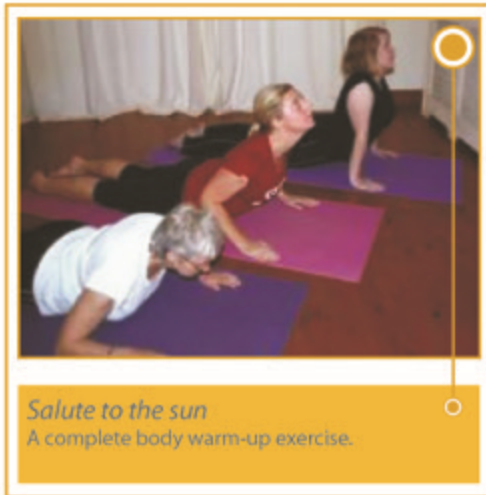


# yoga

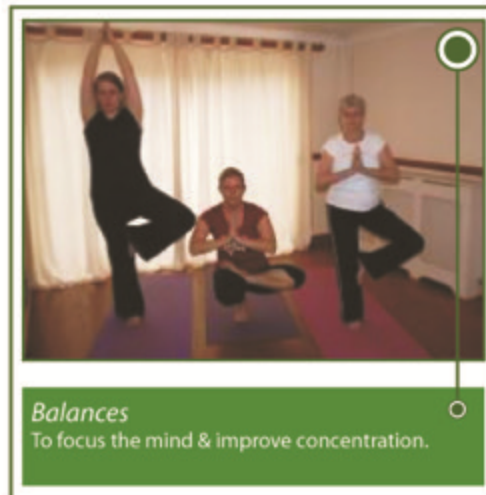
with Susan



All classes suitable for all abilities & ages. Stretch, tone, build stamina, improve flexibility & posture. Learn to relax & destress. Yoga is an excellent complimentary exercise for runners, footballers & other sports people to strengthen, stretch & prevent injury.



*Salute to the sun*  
A complete body warm-up exercise.



*Balances*  
To focus the mind & improve concentration.



*Standing & seating postures*  
To build core strength & stamina.



*Relaxation & stretches*  
Let the worries & tensions of the day melt away as you relax to some calming music

Finishing off  
with a **good** 5 minutes relaxation,  
to leave you feeling **soothed**,  
**stretched and revived!**

**Mondays 10:00-11:00am**  
Birstall Golf Club

**Tuesdays 10:00-11:00am**  
Whetstone Memorial Hall

**Thursdays 19:00-20:00pm**  
The Cedars Academy  
Palmer-Tomkinson Centre  
Birstall

**Mondays 19:00-20:00pm**  
South Wigston High School

**Wednesdays 20:00-21:00pm**  
South Wigston High School

**All classes £5.00**

For more information contact Susan on: 07765808667

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