



ACTIVE BALANCE

Stretch, Balance and Relaxation Class

Want more Energy? Better Flexibility?

Time to Relax? Meet new People?

Ready for Mindfulness?

A Body and Brain workout which will open up your Energy channels, Detoxify and Purify to Keep You as young and Agile as You decide.

Gently raising the Heart, Stretching,

Mindfulness and Meditation covering Five Elements, Yin Yang and Qi Qong.

Enhancing your physical health and let your spirituality go wherever you want it to.



Only £8 a class

Pay for 5 classes get the 6th one Free

Time: Every Tuesday Morning 9.30am-10.30am, starting 17th April 18'

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Call: 07889 224303