

GENTLE YOGA



West
Library
Every Friday
2.00pm

For all ages and abilities

Chair & Mat Based

- Back conditions
- Stiffness
- Stress
- Energy!
- All levels
- Bring a mat

Chair or mat-based to match your comfort & ability
Increase core strength, flexibility & balance

Every Friday 2.00-3.00pm

£3

West Library

Bridgeman Road, N1 1BD

For details

0798 114 2376



Local health charity Healthy Generations as part of their Well-Being project in partnership with Islington Libraries



www.healthygenerations.org.uk - 0798 114 2376



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