

Chair Yoga

with Thriving Nottingham



Sign up to our FREE 12-week seated yoga class - improve breathing techniques, mindfulness, and balance.



**Tuesdays 10:15 - 11:15 starting
3rd February**



**Dunkirk & Lenton community
centre NG7 2JW**



**Eligibility: less than 30 mins
of exercise a week**

