

# 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  
3<sup>rd</sup> February**



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



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

