

Light/Easy stretching and relaxation @ Yoga with Maggie

About the class

- You will get individual attention within a class setting
- Yoga poses will be done seated on or standing next to a chair for balance and support
- Please bring a cushion as chairs are not upholstered
- Wear comfortable shoes
- If you have one and prefer to do standing poses barefoot, bring a yoga mat. Lying on the mat will be optional

Aims

- Regain and retain flexibility
- Improve posture
- Learn breathing techniques for relaxation, to improve breathing capacity and help to cope with aches, pain and stress.

If you have any ailments or disabilities always consult your doctor before starting a new exercise regime and inform your teacher