

FREE

Yoga & the Mind

**Gayetri invites you
to Chair and Matt
Yoga at**

**The Active Communities Hub,
Upper Mall, Central shopping
Centre, 21 North End, CR0 1TY
(opposite Starbucks)**

**Every Tuesday
2:00 pm to 4:00 pm**

Registration Required on arrival



The programme includes:

- ❖ Learn breathing techniques (pranayama)
- ❖ Loosening and Yoga Postures (Asanas)
- ❖ Laughter session
- ❖ Quick Relaxation technique (QRT)

For more details:

Please contact Gayetri

Mobile: email: gkhetia69@gmail.com



Benefits of Yoga & the Mind

Yoga and Mindfulness allows us to become more aware to improve your physical, emotional and mental wellbeing.

Both offer immense benefits to reconnect with our body and the mind.

Some of the benefits :

- ❖ Improves cardio and circulatory health
- ❖ Improves - muscle flexibility and good breathing exercises (pranayams)
- ❖ Increase focus, concentration, relax and sleep better
- ❖ Reduce stress, depression and tiredness

