

Yoga Group – February 2024 - Report by Merrion Chrisp

U3A's Yoga Group is led by Angela Griffiths, who is a Retired British Wheel of Yoga Teacher.

The 75 minute sessions are a Mindful practice of breath work, yoga postures and relaxation for a healthy body and a calm and peaceful mind.

Participants MUST have a non-slip (sticky) yoga mat.

N.B. This is a floor based practice and UNSUITABLE for those who have had no previous yoga experience.

The next term begins on 25 March & 8-29 April, 5 session at a fee of £15.

The following term runs 13-20 May & 3-24 June, 6 sessions. There may be further terms during the summer.

The classes are at The Hub on Monday mornings. Numbers are limited and must be pre-booked but if you would like to be added to the waiting list please contact:-

Merrion Chrisp - mfchrisp@gmail.com. or

Angela Griffiths angelagriffiths5@icloud.com We will then contact you when a place becomes available.