

Yoga Group – Report by Merrion Chrisp

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

The 75 minute sessions are 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.

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

The current term runs to 29 April.

The following Term runs 13&20May and 3-24 June. There may be further terms during the summer.

All the current places are booked but if you would like to be added to the waiting list please contact :-

Angela Griffiths – angelagriffiths5@cloud.com or

Merrion Chrisp – mfchrisp@gmail.com