

## 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 13&20May and 3-17 June.

The following Term runs. 24 June – 15 July.

There will be no sessions in August. We hope to resume in September with dates to be confirmed.

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](mailto:angelagriffiths5@cloud.com) or

Merrion Chrisp – [mfchrisp@gmail.com](mailto:mfchrisp@gmail.com)