

CHAIR YOGA



Gentle practice, suitable for everyone

Reduces stress and anxiety
(Lowers blood pressure)

Relieves muscle tension

Improves posture and strength

Lubricates and mobilises the joints

Reduces tiredness and frustration

Brings balance back into your day!

Silver Spiral
Holistic Health



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PROMOTING WELLBEING



BREATHE, STRETCH, AND RELAX . . .