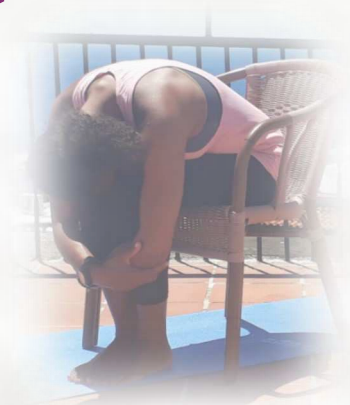




Chair Yoga for Everyone

Wednesdays @
Guisborough Library
1pm-2pm

with **Emma Conally-Barklem**
BWY Teacher



Special community price of
£20 for 5 sessions or £5 per class

This class is aimed at anybody with mobility issues, aches and pains, back and joint conditions or just in need of some stress relief!

Zero Yoga experience required

Emma is an experienced British Wheel of Yoga teacher who has taught Chair Yoga on the NHS for people with a range of chronic conditions. She manages her own back and knee conditions through Yoga and wishes to pass on what she has learned to people in the Guisborough community where she is based.



To book, contact **Emma** on 07762 519068
or email emmaliveyoga@gmail.com

EmmaLiveYoga

FREE YOUTUBE CLASSES