



*'the body benefits from movement and
the mind benefits from stillness'*

Thursday mornings

10.00 -11.30 am

Bells Hotel, Coleford

with Ali Rose

GENTLE YOGA

This class is suitable for older students and anybody seeking a gentler approach to yoga. Practices are adapted so that the benefits of yoga can be experienced by everyone.

www.yogawithalirose.co.uk

**IMPROVING
POSTURE,
STRENGTH
AND MOBILITY**

**BREATHING
FOR
WELLBEING!**

**RELAXING
BODY AND
MIND**

**£6.50 per
class**

**Call Ali
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