



**TEAM NEW WORTLEY PRESENTS YOGA  
for BEGINNERS**

**RELAX**

**UNWIND**

**BREATH EASY**

**TIME OUT FOR YOU**

**MINDFUL MOVEMENT**

**GREAT TO HELP WITH BACK PAIN**

**P.S NO NEED TO BE "BENDY"**

**Just come along in lose fitting clothing**

**NO COST JUST TURN UP 😊**

**BEGINNERS YOGA- open to all adults**

**6 -week course starting OCTOBER 11<sup>th</sup> at 7-8pm at New Wortley  
Activity Centre, 40 Tong Road, LS12 3SZ.**

No need to book, although spaces will be limited to max 15.

**No cost to you**

Donations to the community Centre welcome

Sessions led by Chesley find out more on FACEBOOK @innersenseguru