



BALANCE CLASS

Learn how to balance the body and mind with Mindful Awareness Exercises.

**10-week course in the Community Centre.
Thursday's: 10am-12pm Starting 13th September
2018**

**First class is free –phone: 07740606582 to
find out more and to book a place.**

Cost: £70 for 9 weeks or £10 per week

**Run by Sheila Reid: a Chartered Physiotherapist with an MSc. In
Mindfulness.**

**Suitable for all ages and abilities – the exercises are gentle and will be adapted to
your needs.**

No experience necessary. Bring a cushion and a yoga mat (if you have one)

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