



## CHAIR YOGA CLASSES

*Effective yoga for the less mobile; or to ease return after illness or injury*

**Thursdays 10-11am**

**SHERBROOKE MOSSPARK CHURCH**

*240 Nithsdale Rd, G41 5AD*

**£8 per class**

### YOGA & IYENGAR

**Yoga** promotes overall good health. It improves posture, flexibility, balance, and concentration plus provides weight-bearing exercise for healthy bones. **Iyengar yoga** utilises basic equipment to enable students to access postures. Its teachers are regularly assessed to maintain high standards of practice. **Iyengar yoga** is therefore challenging yet safe for all levels and abilities

### TEACHER

**Margaret Blythe** is a certified Iyengar teacher with 16 years experience teaching this method. She continues to study through the parent body, the IYA, and advance her own practice and teaching with senior teachers and colleagues in the UK and the Iyengar family in Pune, India.

**For info/to book: Email [margeyoga@live.co.uk](mailto:margeyoga@live.co.uk)**

**Or text [07711286378](tel:07711286378)**

**THANK YOU!**