



CHAIR YOGA

Weekly activity Coming to The Beaumont Centre

Chair yoga with Heidi

The session will flow through some yoga poses like a dance, strengthening our core muscles, stretching and most importantly encouraging some relaxation

Tuesday
1:30pm

Chair Yoga
14th March and 28th March
25th April
9th May and 23rd May

Free to
attend

To book, please email multiply@communityalliancebeh.org.uk
The Beaumont Centre, 6 Rowlands Fields, Waltham Cross, EN8 9BG