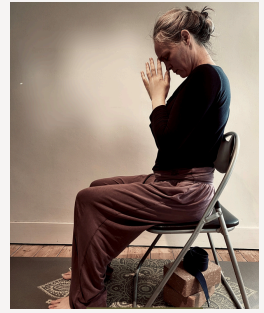


Chair yoga @ St Leonards Studio



Do you have decreased mobility; do you want to increase your strength and mobility in a safe and relaxing environment? Then why not book onto our weekly chair-based yoga class?

FRIDAYS, 1.30PM TO 2.30PM, £3

AT THE ST LEONARDS STUDIO
ROYAL VICTORIA HOTEL, MARINA
ST LEONARDS ON SEA, TN38 0BD

**BOOKING IS ESSENTIAL:
EEQU.ORG/EXPERIENCE/8111**

For general queries, please contact Active Hastings on 01424 451051 or activehastings@hastings.gov.uk

Active Hastings is a partnership project between Hastings Borough Council and East Sussex County Council

