



FREE SESSION FOR UNISON MEMBERS OF A LEICESTERSHIRE BRANCH

# CHAIR YOGA

A SHORT SESSION LED BY BY AN EXPERIENCED YOGA TEACHER WHO  
WILL GIVE YOU EXERCISES AND TIPS TO HELP REDUCE STRESS,  
INCREASE FLEXIBILITY AND HELP REDUCE BACK PAIN. ALL FROM YOUR  
OWN CHAIR

**30 JUNE**

**1PM - 2PM VIA ZOOM**



TO APPLY:

[WWW.EASTMIDLANDS.UNISON.ORG.UK/UNISON-LEICESTERSHIRE-RUTLAND-LEARNING](http://WWW.EASTMIDLANDS.UNISON.ORG.UK/UNISON-LEICESTERSHIRE-RUTLAND-LEARNING)