



FREE SESSION FOR UNISON MEMBERS OF A DERBYSHIRE BRANCH

# CHAIR YOGA

A SHORT SESSION LED BY BY AN EXPERIENCED AND FRIENDLY 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

**FRIDAY 29TH APRIL 2022**

**12 NOON - 1PM**

**VIA ZOOM**



**TO APPLY:**

**[HTTPS://EASTMIDLANDS.UNISON.ORG.UK/UNISON-DERBYSHIRE-LEARNING/](https://eastmidlands.unison.org.uk/unison-derbyshire-learning/)**