



FREE SESSION FOR UNISON MEMBERS OF A LINCOLNSHIRE BRANCH

SEATED 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.

ESPEICALLY HELPFUL FOR ANYONE SEATED FOR MUCH OF THE DAY

WEDNESDAY 22 MARCH

1PM - 2PM VIA ZOOM



TO APPLY, SCAN THE QR CODE , EMAIL
UNISONLEARNINGLincs@GMAIL.COM OR SEE
<https://eastmidlands.unison.org.uk/learning-lincs/>

