

## **Light/Easy stretching and relaxation @ Yoga with Maggie**

### **About the class**

- You will get individual attention within a class setting
- Yoga poses will be done seated on or standing next to a chair for balance and support
- Please bring a cushion as chairs are not upholstered
- Wear comfortable shoes
- If you have one and prefer to do standing poses barefoot, bring a yoga mat. Lying on the mat will be optional

### **Aims**

- Regain and retain flexibility
- Improve posture
- Learn breathing techniques for relaxation, to improve breathing capacity and help to cope with aches, pain and stress.

***If you have any ailments or disabilities always consult your doctor before starting a new exercise regime and inform your teacher***