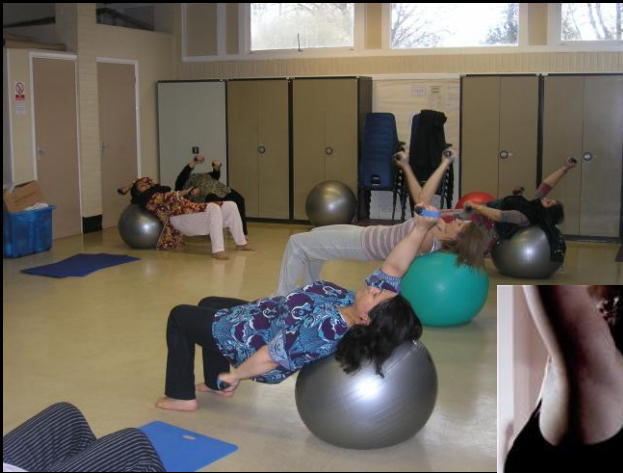


have fun & keep fit  
with friends.....



EQUIPMENT SUPPLIED

NO EXPERIENCE

REQUIRED

PLEASE WEAR FLAT, SUITABLE FOOTWEAR WITH NON-SLIP SOLES AND LOOSE,  
COMFORTABLE CLOTHING

# Women Only Yoga Session



WANT to be more ACTIVE & have FUN?  
COME ALONG TO OUR FREE TASTER DAY...

**DATE: Wednesday 27<sup>th</sup> May**

**TIME: 6:00 – 7:15pm**

**LOCATION: Sri Singh Sahba Gurdwara,  
Letchworth**

Sessions there after are £2 per session

## Benefits:

Yoga is considered therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment. This is one of the foremost reasons why people want to start Practicing Yoga - to feel fitter, be more energetic, be happier and peaceful. Yoga has postures & breathing techniques for almost all diseases, health disorders, allergies, pains etc. Many of the exercises are simple and have a magical effect on most disorders.

**\*This session is part of a bigger initiative funded by the Big Lottery Fund. Herts Sports Partnership has been granted an award to train and organise activity sessions for women from black and minority ethnic communities\***

FOR MORE INFORMATION ABOUT THE PROJECT PLEASE CONTACT  
PRIYA KAPOOR ON 01707 2810006