

Gentle Yoga

Every Thursday 9.30am to 10.30am

Location: Waterloo Action Centre

Cost: £5 per session or whatever you can pay

Equipment provided

Gentle Yoga classes are designed to improve body awareness and flexibility, including for people with movement limitations (e.g. participants can use a chair), conditions such as arthritis and back pain, and those seeking stress reduction and a sense of well-being. The class is suitable for any experience of yoga and beginners are welcome. Please wear comfortable clothing.

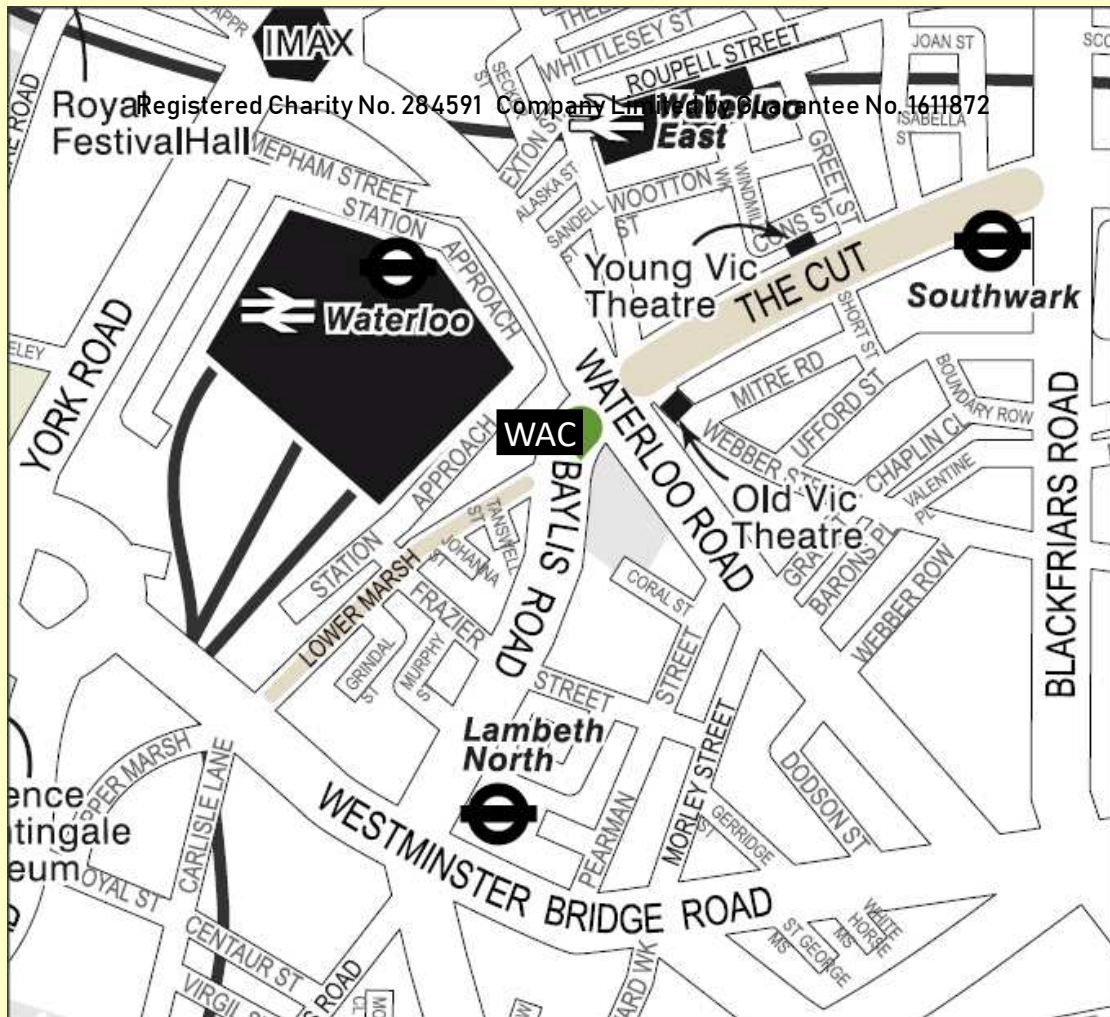
This gentle yoga class aims to bring us home to ourselves and find a little more space inside

Through gentle yoga poses we release the tension of your bodies and bring more physical ease.

Through the focus on our breath we refresh and bring vitality and restoration.

Through yielding to the pull of gravity we reconnect to the ground and bring calm to our minds.

How to find us



WATERLOO ACTION CENTRE

14 BAYLIS ROAD SE1 7AA

Office open: Monday – Friday 09.00 – 17.00

Telephone: 020 7261 1404

Website: www.waterlooactioncentre.co.uk

General e-mail: wac.office1971@gmail.com



Traveling to WAC:

By rail: Waterloo, Waterloo East

By UG: Waterloo, Lambeth North, Southwark

By bus: 1,4, 26, 59,68,77, 139, 168,171,172,176,188,RV1
(Stop at Waterloo Station)

By bus: 12, 53,148, 159, 453, C10 (Stop at Lower Marsh)

