



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Yoga Sept 7 & 21



This active yoga practice includes functional movement and stretching to give our bodies the best possible chance to feel good. Staying active makes us feel good and has positive links to improving wellbeing.

These sessions will include yoga movements with supported mindful breathing practices.

They will offer an upbeat flow, which combines standing postures and some restorative postures.

This practice will challenge our minds and bodies, leaving us feeling balanced and restored.

Wednesdays, Sept 7 & 21
Forbury Gardens (Or Reading Central Library in case of rain)
12 - 1 pm

Enrol with us, free to join



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