

# **NEW ONLINE CLASS FROM BRIGHTON YOGA FOUNDATION**

## **GENTLE YOGA FOR EMOTIONAL AND PHYSICAL WELLBEING**

A gentle yoga class combining movement, breathwork, mindfulness, and guided relaxation to help reduce stress and muscular tension, cultivate awareness and create some space for the body and mind. Beginners welcome, open to men and women. Unfortunately this class is not suitable for pregnancy.

**60 MINUTES**

**TUESDAYS 2 PM**

**DONATION -PAY WHAT YOU CAN AFFORD**

To register for this online class please email: [byfoureach@gmail.com](mailto:byfoureach@gmail.com)

