



- Starting Monday June 14th
- Time to focus on yourself
- Breathing practices that support emotional wellbeing
- Gentle Yoga suitable for beginners

If you have felt the effects of social isolation or believe your mental & emotional wellbeing is in need of a boost, then this class is for you. Free spaces funded by **BOOST & This Girl Can** available for women 18 years+. Our classes aim to inspire, reassure & support people to be active & promote connection.

### Comments from previous & current Pause Yoga students taken from the website

- *Afterwards I feel stretched and calm.*
- *I suffer a lot with anxiety and found the breathing techniques really help.*
- *I feel stronger mentally and physically & we have a little giggle along the way.*
- *I particularly enjoy the soothing relaxations.*
- *I can go at my own pace.*

Places are available either in person @ The Craft Barn, Hadfield (Yoga mat supplied) or via Zoom **Every Monday 11:00 - 12:00 starting June 14<sup>th</sup> 2021**. Contact [pauseyogaglossop@gmail.com](mailto:pauseyogaglossop@gmail.com) to book your place.