

# Gentle Yoga for All @



Ideal if you are:

- a beginner
- recuperating from an injury
- fed up of tolerating an acute or chronic condition and want a different approach

or,

- just want a gentle class!

Classes: Monday from 7 to 8 pm and  
Fridays from 10:45 to 12 noon

Gentle yoga uses postures, breathing, and sound as in other yoga classes – just more gently!

To book, please speak to Reception or email [bookings@boco-uk.com](mailto:bookings@boco-uk.com)