



# MENTAL HEALTH AWARENESS WEEK

14-20th May 2018

Barclays Nuffield  
Monday 14th May  
Yoga 6.35-730pm

## **FLEX YOUR MIND & BODY!**

**This revitalising and restorative class is deeply therapeutic; providing simple techniques to improve your mind-body connection; bringing greater mental clarity, strength, flexibility and inner flow.**

Key benefits of yoga:

- improves mental function
- improves balance
- increases core stability
- improves circulation
- boosts immunity

- improves spinal health
- energises and relaxes the mind
- naturally detoxes
- helps improve productivity
- builds confidence
- reduces stress and anxiety.

In this class we will explore simple breath control, mediation, yoga postures and relaxation techniques.

Discover how you can re-energise your mind and body, whilst holding postures known to improve circulation and immunity; boosting

vitality through breath control (pranayama) and improve mental function through mediation.

\*All levels welcome.