

Chair Yoga

Chair Yoga provides all the wonderful health benefits of mat-based yoga. It improves fitness, flexibility, balance, strength, and coordination. It relaxes the body and the mind, and elevates your overall health and wellbeing.



**Every Friday on Zoom
for people aged 55+**

10am - 11am

First session FREE!

Then suggested donation: £8 drop-in or £30 for 5 sessions.

Half price for City residents or those on a low income.

All donations go directly to Age UK City of London to keep the class running.

For more info and to join, please contact Alice on

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