



Yoga Class - Extra Gentle
suitable for people with ME / CFS
Canada Hall, Battlebridge Lane, Merstham.

Mondays- 11am-12pm

A **warm** and **friendly Yoga** class suitable for people with ME/CFS (chronic fatigue). Or for those who just need a much more gentle and relaxing approach. The class will include simple asanas (postures), pranayama (breathing) and a lovely relaxation. (n.b-Carly is an understanding teacher who has been trained to teach people with ME.)

Starting **November 3rd 2008**

Please contact Carly to book & to discuss your needs.
Tel - 07804 613 132
Email -yoga@gingerpai.com
Web -www.gingerpai.com

Handy hints

mats are provided but if you have your own please bring it.
Wear comfortable clothing.

It is best not to eat a heavy meal before yoga.

A blanket for relaxation & a cushion would be useful to bring.

Please arrive early to complete medical questionnaire. (if you have any concerns pls call before you come and consult your GP.



Integral Yoga trained RYS 200hrs