



Wellness Yoga

For people who want to feel better...



Wiltshire Council
Where everybody matters

Operated by DC Leisure Management in partnership with Wiltshire Council

Wellness Yoga is for people who want to feel better

Wellness Yoga uses the tools of traditional Hatha Yoga to improve individuals' over-all sense of well-being. Yoga is a low impact workout combining breath work & physical work to effectively reduce tension & improve core strength & flexibility.

- The practice of Yoga can improve:
- functioning of the respiratory system
- circulatory system
- digestive system
- hormonal system
- promoting rejuvenation
- relaxation

Yoga is for anyone who is looking for calm & space within the daily demands of life

Wednesdays 10.45am
Beginners Welcome

The Olympiad Leisure Centre

Sadlers Mead

Chippenham

01249 444144

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