

Bromley Recovery College

Autumn Term 2019

September - December

Bromley,
Lewisham &
Greenwich



Chair Yoga

8 x 1 hour sessions

Course tutor: Renuka Abeysinghe

Venue: Conference Room, Anchor House, 5 Station Road, Orpington, BR6 ORZ

Dates: Every Friday, begins 6th September, ends 25th October 2019

Time: 12pm - 1pm

Yoga is a practical aid to improve health, daily performance and mental activity. Chair Yoga is based on principles of alignment and breathwork. This course is a gentle introduction for anyone new to yoga or exercise. It combines Yoga Therapy and Mindfulness.



Get Set to GO

