



RELAX & BREATHE

Classes are based on the Yoga principle and combines slow, graceful movements which are chair based, with meditation and breathing techniques. These exercises may help to improve strength, flexibility and promote feelings of well-being.

The specific movements are dependent on the individual's type and stage of cancer and recovery.

Classes are held every Friday from 3.15pm to 4.15pm

**For more information please telephone 0208 366 4333
or email fiona@nightingalesupport.org.uk**

Please confirm your attendance before arriving