

# Women's only yoga – new class at Dundee West Church #dundeewestend

There's a new women's only yoga class at Dundee West Church on Tuesdays – details below :

## NEW CLASS ALERT



### WOMEN'S ONLY YOGA

with Min

Dundee West Church

Tuesdays @ 10.30am



- ✓ A fun way to improve flexibility, strength & balance - it can also help improve joint health and relieve existing pain
- ✓ Helps to reduce stress, increase confidence and can help to improve mental wellbeing
- ✓ Meet new people and make new friends

Get Out  
Get Active  
TAYSIDE

All of our activities are **FUN, FREE & SUITABLE FOR ALL ABILITIES**



tay.goga@nhs.scot



07971 641208