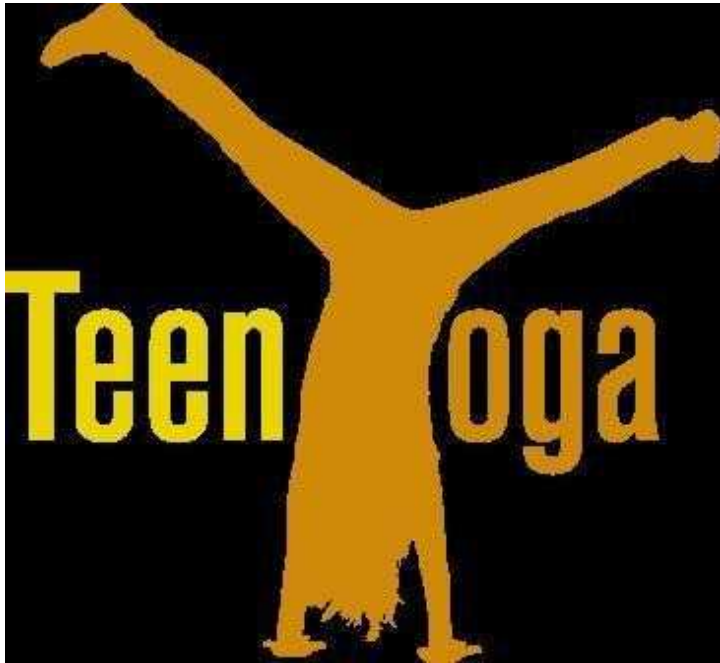




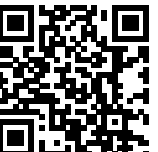







Yoga for Teenagers amp Young People



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-202881-z>



Every Thursday 6pm in Up Hatherley Develop strength, flexibility and stamina; reduce tension, stress and anxiety; If youâ€™re sporty, yoga will help develop performance in your game. Many sports people and clubs now include yoga as part of their fitness regime. If youâ€™re not sporty itâ€™s a great way to keep active in a non-competitive environment. Yoga is for boys and girls. Everyone can do and enjoy yoga. Yoga is for every body. What will happen? Classes will start with some breath awareness activities, then an active warm up through either sun salutations (will be taught) or HIIT training (or both) followed by focus on one or two asanas (yoga poses) and lastly a great, no-effort required meditation. No experience needed! Classes open to ages+

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