

SCOTBY VILLAGE HALL CA4 8BW

SITTING ON A CHAIR and KEEPING FIT



What is it? An Hour's Exercise to include the whole body and breath. Stretch and movement

What is included? Chair, Exercise Bands, Blocks, Music and lots more.

Who is it for? Anyone who wants to feel exercised but prefers to stay off the floor and not leap around

When is it? Wednesday mornings at 10.30

Who is the teacher? Pam Horton. I have taught a variety of health and fitness classes over many years. I am a Tutor trainer for the British Wheel of Yoga Teaching Diploma and a course verifier. I have been running classes locally and nationally and have a Cert Ed, plus insurance and First Aid Certificate.

Phone or email to book a free try out place

Hands, feet, eyes, neck, breathing, the whole package.

PAM HORTON

6 Scotby Green Steading, Scotby, Carlisle, Cumbria, CA4 8EH

Telephone: (01228) 513751

E-mail: yogapam@aol.com