

FREE CHAIR AND MAT-BASED YOGA AND MEDITATION CLASSES IN CRAIGMILLAR

Come and take
time out to just
'be'.

Optional time for
chat and
refreshments

Improve your
mood and
mental health

Reduce
physical health
symptoms

Improve your
mobility,
posture,
flexibility and
strength

Learn
relaxation
exercises and
healthy coping
tools

Meet new
people in a
supportive
group



Classes run weekly at The Bothy and the Thistle Foundation.
Contact us or see our website below for details.

BOOKING IN ADVANCE ESSENTIAL - SEE HERE FOR OPTIONS

ASK A TRUSTED PROFESSIONAL TO REFER YOU

Ask them to scan the QR code here and complete the online form →

BOOK YOURSELF IN ONLINE: www.edinburghcommunityyoga.co.uk

(Click 'Book a Class')

BOOK YOURSELF IN VIA EMAIL:

admin@edinburghcommunityyoga.co.uk

BOOK YOURSELF IN VIA TEXT/CALL

07931-258-465 (M-F from 12pm-3pm)



Scan me!