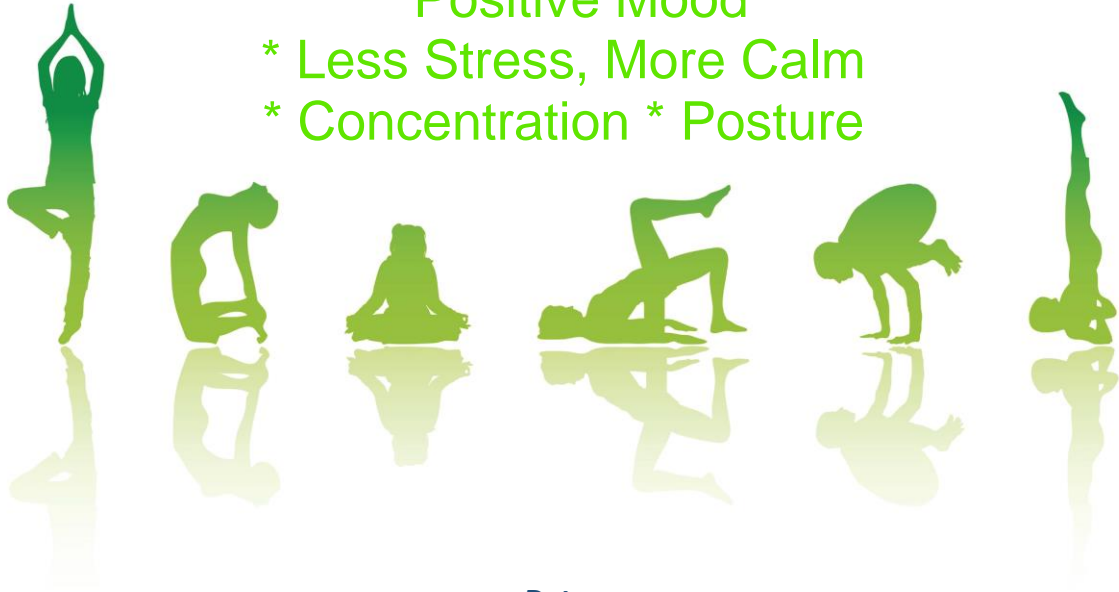


# Free Yoga Classes for Staff

- \* Flexibility \* Strength \* Breathing
- \* Positive Mood
- \* Less Stress, More Calm
- \* Concentration \* Posture



## Dates

### Allerton Main Hall

Wednesday, 13/09/17	12.15 - 1300
Wednesday, 20/09/17	12.15 - 1300
Wednesday, 27/09/17	12.15 - 1300
Friday, 29/09/17	12.15 - 1300

### MCUK, Room 2.36

Monday, 04/09/17	12.15 - 1300
Friday, 15/09/17	12.15 - 1300
Friday, 22/09/17	12.15 - 1300

IF YOU WOULD LIKE TO BOOK ON A SESSION PLEASE EMAIL LAURA CLARKE  
ON

[L.S.Clarke@salford.ac.uk](mailto:L.S.Clarke@salford.ac.uk)

## INFO:

- \* No experience necessary
- \* Wear stretchy, comfortable clothes you can move in
- \* Please bring your own mat, if possible.