

An interactive Well Being evening

We, in English Metas, are concerned about your physical health and well-being. We know that most of the day you spend sitting; whether behind the computer, in the car, watching TV, etc. and we sincerely want to address this issue.

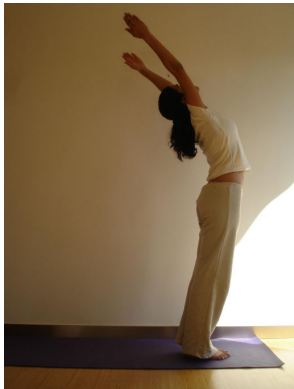
We are delighted to invite you to a dynamic and interactive discussion about health such as correct posture, muscular tension and physical exercise followed by a soft and gentle Yoga class- and all in English!

So come and practice your English talking about important issues such as health and well-being!

This class is especially designed for those of you who suffer from any type of aches, sickness or injury such as:

Anxiety ~ Asthma ~ mild depression ~ high blood pressure ~ Insomnia ~
Migraine ~ back pain ~ Scoliosis ~ weight issues

No previous experience of Yoga is needed to attend the class and contrary to popular myth, you do not have to be fit or flexible to benefit from Yoga. In fact, if you aren't, you would probably need it the most.



The event will take place in Happy Yoga plaza
Catalonia, calle Pelayo 52, 3-2^a on the 5th of May,
Tuesday, at 17.15 and would cost 10€ (it is required to pay in advance. You can
transfer the sum to the following account number:

2013 0471 170200808668

Please come with comfortable cloths for movement and stretching.

For any doubts or questions please contact the Yoga therapist:

Or Haleluiya

www.balanceyoga.es

info@balanceyoga.es

645 78 63 88

