

Chair Yoga & Meditation

for anyone affected by cancer

**commences Thursday 8th Feb at 10.30am
-11.30am**



with Debra Sutton IYN & BWY Qualified Teacher

Studies suggest that yoga may:

- **Help people cope with symptoms & side effects of cancer & treatments.**
- **Reduce anxiety, depression & fatigue.**
- **Enhance sleep, mood & general wellbeing.**

We will explore gentle mindful flowing movements & postures, relaxation & breath-freeing practices & meditation.

Please contact the Macmillan Centre for further information or to reserve your space:

01704 533024

Price £3 per class held in:

**Community Room at Southport Fire Station,
Manchester Road, Southport, Merseyside, PR9**

0LH