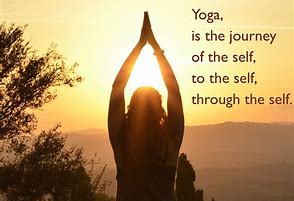
**Starts 29th January**

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**Therapeutic Yoga**

**Increase your energy levels, tone your body, ease back and body pain, strengthen and align your spine whilst improving your flexibility and health creating a calm and balanced body and mind**

Monday mornings at 11.00am at the Canolfan Centre Glyn Ceiriog

Please contact Ellie at the centre for more details on 01691 718200