

## Wellbeing - Yoga All Abilities 3

The ancient discipline of Yoga has been used successfully for several thousand years. It is a non-competitive form of exercise for the body and mind; you will be encouraged to find and stay within your own personal limits, progressing at your own pace. This course is intended for learners from all abilities, experience and age levels. Posture (asana) work, relaxation and breathing techniques (pranayama) are practised to keep you supple, strong, balanced and healthy. All ability Yoga classes are suitable for everybody, regardless of age, sex, or experience.

Those who are particularly stiff, have mobility or health issues may prefer to try a Gentle yoga class.

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

Start Date: 22 April 2026

Start Time: 10:10

Lessons: 10

Weeks: 10

Hours: 15.00

If you are looking for a course to improve your wellbeing through physical activity, why not book onto one of our courses from the wellbeing active offer?

PLEASE DO NOT BUY TOOLS AND EQUIPMENT UNTIL YOU KNOW THAT THE COURSE WILL RUN.

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW