

# Gentle Yoga and Deep Relaxation for Stroke Recovery

Free classes; carers welcome



Free classes for ten weeks starting  
Monday 12<sup>th</sup> September from  
13.15 -14.30,  
no experience, flexibility or special  
equipment required

Sherwood Community Centre  
Woodthorpe House  
Mansfield Road  
Sherwood  
Nottingham  
NG5 35N

**Stroke**  
association

For more details call

0115 841 5879 or email

[yogastrokerecovery@gmail.com](mailto:yogastrokerecovery@gmail.com)

[www.yogaforstrokerecovery.com](http://www.yogaforstrokerecovery.com)