

*Find your Zen with*  
**YOGA**



---

**Thursday 5.30 to 6.30pm: At The Health Resource Centre**  
**Friday 9.30am to 11.00am: At The Lemington Centre**

---

Call us on 0191 272 4244 to book or book via the free Gym Sync App.  
From only £3.50 per class!



**Healthworks**  
the community health charity

# Why yoga?



## **It improves flexibility**

It has been shown that even the lowest intensity styles of yoga have been found to increase flexibility which can significantly improve your physical health.

## **It may help with stress relief**

Prolonged stress affects a lot of people in the UK which can have a significant detrimental effect on health. Yoga sessions consist of Meditation, breath work and auditory rituals like chanting, which have all been shown to significantly lessen tension and relieve stress.

## **It can improve mental health**

Movement-based yoga therapies and breathing-based practices have been shown to significantly improve mood which can help improve mental health.

## **It increases your strength**

Yoga has been scientifically shown to improve people's strength levels across many age groups – so yoga is for all ages, not just young people!

## **It improves balance**

Many yoga poses can help improve a person's balance, in addition movements such as getting up from floor, stretching and reaching can also improve balance and help everyday movement.

## **It improves bone health**

Some Yoga poses which involve isometric holds have been shown to increase bone density.

## **It promotes better posture**

Yoga focuses on improving mobility and flexibility which can help release muscles that are often tight and improving mobility. Additionally, adding yoga poses during breaks in your workouts can also promote better posture.

*Try Yoga for yourself from only £3.50 per class:*

**Thursday 5.30 to 6.30pm: At The Health Resource Centre in Benwell**

**Friday 9.30 to 11.00am: At The Lemington Centre**

Call us on 0191 272 4244 to book or use the free Gym Sync App