

PERSONAL TRAINING for

CHELTENHAM
YOGA
CLASSES

SPORTSMEN

Individually Tailored Yoga Programmes



**SPECIAL
OFFER**

£99

For three 1 hour
private sessions



FULLY EQUIPPED YOGA STUDIO



The sessions would involve:

- Safe and effective stretching for hamstrings
- A complete shoulder movement program
- How to deal with back ache
- Working with painful knees
- Yoga Cardio work outs
- Strengthening and flexing all groups of muscles
- Working with tight hips
- Postural assessment

For more Information please contact:

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The Iyengar Certification Mark is a guarantee of excellence, clarity and depth of understanding.

Over 20 years teaching experience

cheltenhamyogaclasses.co.uk