

For further information please contact:



## Care with Confidence

# Chair Yoga and Guided Relaxation

Tuesdays

2 – 30 August 2016

10 am – 12 noon

### Falkirk & Clackmannanshire Carers Centre

Bank Chambers,  
1a Bank Street  
FALKIRK  
FK1 1NB

Telephone: **01324 611510**  
E-mail: [centre@centralcarers.org](mailto:centre@centralcarers.org)  
Website: [www.centralcarers.org](http://www.centralcarers.org)

Quality Assurance



Principal Funders



Network Member



**1a Bank Street  
Falkirk  
FK1 1NB**

To book a place, please contact **Donna or Rebecca**

Phone **01324 611510**  
E-mail [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)

or complete the form below and post to:

**Central Carers Association**  
FREEPOST SCO167  
FALKIRK  
FK1 1NB

To gain the most benefit, we recommend that you come along to all of the sessions. If you are interested, but cannot attend all of the sessions, please give the Carers Centre a call to discuss.

Please **tick** the sessions you wish to attend:

- 02 August**
- 09 August**
- 16 August**
- 23 August**
- 30 August**

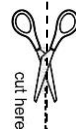
Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_



## Chair Yoga and Guided Relaxation

Because carers can often find themselves under increasing stress, we have designed a program of free informal sessions to equip you with techniques that can help you to relax and stay healthy.

Chair yoga is a gentle form of yoga that is practiced sitting on a chair.

The sessions will combine gentle stretching movements with breathing exercises and guided relaxation.

Yoga can often help you to slow down; lower anxiety levels; relax your muscles; and improve your sleep and concentration.

A limited supply of extra blankets is available but you may wish to bring one of your own.

**Tuesdays 10 am – 12 noon**

- ❖ **02 August**
- ❖ **09 August**
- ❖ **16 August**
- ❖ **23 August**
- ❖ **30 August**

**Venue: Falkirk & Clackmannanshire Carers Centre**  
**1a Bank Street, Falkirk, FK1 1NB**

**There is no cost to attend these sessions**