



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Outdoor Yoga and Pilates 7th July - 11th August

Yoga and Pilates can benefit both our physical and mental wellbeing.

On alternating weeks, we will be offering Yoga and Pilates, providing a supportive structured environment to learn new skills so that you can take them away and continue to practise independently.

Both classes will be suitable for complete beginners and old hands and offer the chance to stretch and relax in the open air.

Through gentle movement, breathing and concentration, these sessions will leave you feeling relaxed, stretched out and in a positive frame of mind.

6 Weekly Sessions
Starts Wednesday 7th July
Prospect Park, Reading
13.15-14.00

Enrol with us, free to join



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