

GENTLE MOVEMENT



GENTLE MOVEMENT GROUP

This class offers a mixture of gentle movement (based on shibashi and qigong movements), strengthening and balance exercises, seated Boccia (similar to French boules) and seated indoor curling. A great class to gently work your body and have fun along the way!

WHERE: Dryfesdale Church Hall, Lockerbie

WHEN: Fridays 1.30pm

COST: £2.40 (including Tea/Coffee)

No need to book, just come along!

Classes can be done seated or standing.

