



# SHAFTESBURY WELLNESS 2022

## OUTDOOR YOGA ~ QI GONG ~ CIRCUITS

### IN THE HEART OF SHAFTESBURY

Shaftesbury Town Council and Blackmore Vale Surgery are coming together to offer 14 weeks of FREE outdoor wellness events. The instructors who are leading these sessions are experienced, passionate and truly believe in the benefits their practices will bring to the people of Shaftesbury and beyond.

#### YOGA



EASY TO FOLLOW FLOWING MOVEMENT TO RELEASE TENSION PHYSICALLY, MENTALLY AND EMOTIONALLY. FOCUSED BREATHING WILL INVITE YOUR MIND TO FOLLOW THE SENSATIONS WITHIN YOUR BODY AND BRING YOU INTO A STATE OF STILLNESS, WHERE YOU CAN, SIMPLY, BE. YOU WILL REJOIN THE WORLD A HAPPIER, CALMER VERSION OF YOURSELF. THIS SESSION WOULD PARTICULARLY SUIT THOSE:

- looking to explore a sense of wellness in their bodies and mind
- who enjoy physical movement
- are able to stand for 60mins
- looking to improve stability, strength and mobility

May 7th, 14th, 21st, 28th at Castle Green 10.30 -11.30 am

#### QI GONG

SLOW, FLOWING MOVEMENTS ARE COMBINED WITH POSTURE, BREATHING TECHNIQUES AND MENTAL FOCUS TO STRETCH THE BODY GENTLY THROUGH IT'S RANGE OF MOTION. THE SESSION IS SUITABLE FOR ALL AGES AND FITNESS LEVELS. THIS SESSION WOULD PARTICULARLY SUIT THOSE:

- looking to relax and destress
- interested to try a slower, more meditative form of exercise
- new to exercise or wishing to become more active
- able to stand or sit for 60 minutes



June, 10.30 -11.30 am, 4th, 11th, 18th, 25th at Castle Green 10.30 -11.30 am

#### CIRCUITS



CIRCUITS IS A FUN AND FAST PACED WAY OF TRAINING., WORKING ON CARDIO FITNESS, AS WELL AS IMPROVING CORE AND MUSCULAR STRENGTH. THIS SESSION WOULD PARTICULARLY SUIT THOSE WHO CAN:

- be active on their feet for 60 mins
- looking to improve overall fitness
- wanting a challenge whatever level

July, 10.30 -11.30 , 2nd, 9th, 16th, 23rd at Castle Green 10.30 -11.30 am

**PLUS special dates for all three practices on the 30th April and 30th July at Castle Green 9-1pm**

Book at Eventbrite or scan the QR Code



For more information visit:

[www.theyogawithin.co.uk/shaftesburywellness2022](http://www.theyogawithin.co.uk/shaftesburywellness2022)



@shaftesburywellness2022

