



Flex and Stretch

A Yoga Inspired Chair Movement Training Programme



Elma



Esther



Jakki

Designed especially for qualified Yoga Teachers and Healthcare Professionals who would like to share a simple and highly effective Chair Movement programme within the hospital, nursing home and community care settings.

The gentle movement programme coupled with breathing practices; meditation and relaxation can bring strength, mobility and confidence to those whose overall health might be compromised or challenged in some way.

Join Course Writer/Yoga Tutor/Yoga Therapist Elma Toland and YTI Tutoring/Yoga Therapist colleagues Jakki Reid and Esther Wall

– together with Dr. Padraic Dunne from the Royal College of Surgeons and Nora Conway, Social Prescriber & Community Link Worker.



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