


just  yoga

WORTHING YOGA CENTRE

**01903 820888**

**www.justyoga.co.uk**

# Yoga for Bigger Bodies

**Friday 5.30 - 6.30pm**

**3 Feb - 9 March 2012**

**6 Classes - £39.00**

**On it's own yoga will not make you slim.  
Some of us were not born to be slim.  
However, it can help:**

- Develop an exercise regime that is non-injurious, non-tiring and interesting.
- Strengthen and tone your muscles.
- Improve the functioning of the digestive system.
- Overcome the reasons you over-eat or are overweight, e.g. by increasing self-esteem, reducing stress, or balancing your hormonal system.
- Improve your general health and well-being.



**For further information: 01903 820888 [www.justyoga.co.uk](http://www.justyoga.co.uk)**

**Send to: just yoga 22 Marine Place Worthing West Sussex BN11 3DN**

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I would like to attend the 6 week introductory course Friday 3rd Feb at 5.30pm

I enclose my payment of £39 to reserve my space  Please tick

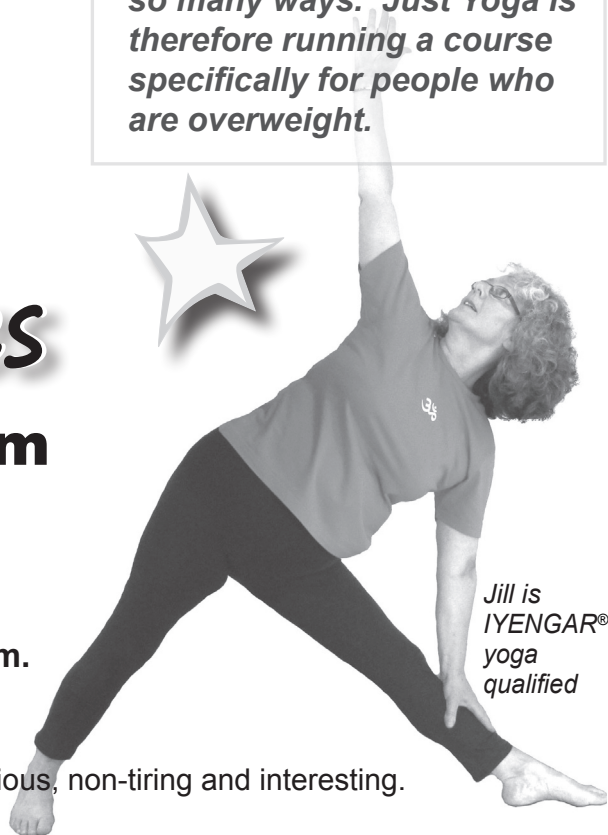
NAME ..... E-MAIL .....

ADDRESS .....

Postcode..... TEL NO .....

**We are unable to reserve a space until payment is received**

*Overweight people are welcome in all our classes, but they often avoid group yoga sessions for fear of being in a class with slim, fit individuals. This is such a shame as yoga can help in so many ways. Just Yoga is therefore running a course specifically for people who are overweight.*



*Jill is IYENGAR® yoga qualified*