



Gosport and Fareham

Yoga

Starting 10:45

HEDCA

Combe Road

Elson

PO12 4JB



Nikki is a yoga instructor who with her vast experience has adapted some of the exercises so we can perform them while seated.



Nikki concentrates on moves that particularly benefit a person with MS, strengthening core muscles.

For those that feel able you can also perform the class on the floor.

We finish with a hot drink and something sweet to eat.

Gosport and Fareham MS organise and support these classes.