

PERSONAL TRAINING for
SPORTSMEN

Individually Tailored Yoga Programmes



SPECIAL OFFER

£99

For three 1 hour
private sessions

**YOGA
CLASSES
CHELTENHAM**

yogaclassescheltenham.co.uk

PERSONAL TRAINING for **SPORTSMEN**

Individually Tailored Yoga Programmes

The sessions would involve:

- Safe and effective stretching for hamstrings
- A complete shoulder movement program
- How to deal with back ache
- Working with painful knees
- Yoga Cardio work outs
- Strengthening and flexing all groups of muscles
- Working with tight hips
- Postural assessment

FULLY EQUIPPED YOGA STUDIO



For more Information please contact:

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