

# Yogable

## What is it?

Yogable is adapted yoga classes for adults of all ages and fitness levels. Yoga can make you feel more relaxed and can improve your strength and flexibility. Most of all it's fun!

## Who is it for?

If you live in South Ayrshire, have a disability, and would like to spend time with others in a safe space, come and join us. The yoga we do is adapted so that absolutely everyone can take part. You don't need to be bendy and can join in from a chair!

## Where is it?

The Quay Zone, Girvan, KA26 9AG.

## When is it?



Every **Monday** starting from **6<sup>th</sup> Feb 2023**  
from **1:30pm** until **2:30pm**.

## How much does it cost?

£3 for a one-hour session including refreshments and a chat. Carers, family members and support workers can attend at no additional cost.

## Interested?

For more information, phone Pauline Brennan on 07974 024660 or email [info@yogable.org](mailto:info@yogable.org)