

## Adult, Family & Community Learning Service

Techniques to achieve relaxation  
Exercises for flexibility  
How to enhance your breathing.

# Yoga

**6 week course – just £20!**

**Cantley Community Centre**

**Wednesdays, 1pm – 3pm**

***Enrol on Wednesday 15th  
September, 1pm***



**For further information on this and any other courses contact  
The AFCL Community Learning Team  
Telephone: 01302 862688  
Email: [afcl@doncaster.gov.uk](mailto:afcl@doncaster.gov.uk)**

Information can be made available in other languages, or other formats such as Braille or Audio Tape, on request.  
Please ask a member of our staff for more information, or if you need any other help or advice.  
They can arrange to speak to you in your own language if you need them to.

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