Mindful Movement

with Rob

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Tuesday's 11:30 – 11:50

Wellness Studio

A calming, gentle seated class focusing on mindful movement, breath awareness, and safe stretches to improve flexibility, balance, and joint mobility. It is ideal for anyone needing a low-impact, accessible way to reduce stress and improve posture.
Move at your own pace in a supportive and welcoming space. Suitable for all levels.

Everyone Welcome