

- Yoga helps you to
- become more aware of your body's posture, patterns of movement and breathing
  - relax even in the midst of a stress stricken environment

The Junction is offering a free and weekly Yoga Class for local young people in Leith and North Edinburgh, aged 12 - 21, starting on Friday, 16<sup>th</sup> January.


You can join our upcoming

# Six Week Yoga Block

on Friday Nights from 4.15pm - 5.30pm.

If you would like to try yoga there are many ways to speak to the Junction Staff for health and booking information:

82-86 Great Junction  
Street, EH6 5LL  
Tel: 0131 5570570

[info@the-junction.org](mailto:info@the-junction.org)  
[www.the-junction.org](http://www.the-junction.org)  
[the-junction.org](http://the-junction.org) 

## Practical Yoga Tips

- wear comfy clothes
- try not to eat an hour before class

