

THE  
**• METRO •**  
BUILDING

**New health hub on 6th floor - feel good at work!**

**We are launching with taster classes that  
EVERYBODY is welcome to attend!**

- STRETCH**      **TUESDAY 09/07 @ 1.15pm (30 mins)**  
Stretches in work clothes (back/neck/shoulders)  
You won't believe how easy it is to do yoga!
- YOGA \***        **WEDNESDAY 10/07 @ 12.05pm (30 mins)**  
Stretch, strengthen & energise your whole body  
& your mind. Perfect class for first timers!
- PILATES \***     **WEDNESDAY 10/07 @ 12.45pm (40 mins)**  
Beginner-friendly class to introduce you to your  
awesome core power & improve your posture.
- RELAX**        **WEDNESDAY 10/07 @ 1.30pm (25 mins)**  
Guided deep relaxation technique. All done  
lying down, zero experience required.

We ♥ beginners - bring a mat or borrow one of ours  
FREE/Donations for Honey Pot Children's Charity

\* Change of clothes recommended for Yoga & Pilates

**Weekly classes to be announced - what do you want?**

Say hello before/after the above classes or email [hello@yinyan.co.uk](mailto:hello@yinyan.co.uk)

**yinyan**®

[yinyan.co.uk/metro](http://yinyan.co.uk/metro)