

# BOOST

## YOGA



**Relax the mind, reduce stress,  
improve your mood and your focus**

**Weekly wellbeing yoga classes with Emma at the  
Upward Frog studio, Stockport town centre  
New programme starts Thursday 23rd March, 12 noon.**

**For referral information and to  
register:  
email: [boost@the-thread.uk](mailto:boost@the-thread.uk) or  
contact Steve on 07808 773264**



**BOOST**  
#MINDBODYSOUL

**STOCKPORT  
COMMUNITY  
Champions!**