



**Rossett School**

Success for everyone

**Rossett adult learning for pleasure courses to suit all tastes and interests**

## **Course Information**

Tel: 01423 563768 email: [adultlearning@rossettschool.co.uk](mailto:adultlearning@rossettschool.co.uk) [www.rossettschool.co.uk/adultlearning](http://www.rossettschool.co.uk/adultlearning)  
Adult learning, Rossett community partnership, Green Lane, Harrogate, HG2 9JP

### **Stretch Tone & Relax**

**This course is for:** All levels of fitness & ability

**First and all sessions:** Loose comfortable clothing. Bare feet. Own mat preferred although we do have mats that you can use.

**Additional costs:** None

This is a no-impact class which will leave you feeling leaner, longer & stronger. Using moves & principles influenced by Tai Chi, Pilates & Yoga you will enjoy an hour of strong but gentle flowing movement which aims to increase your body's strength & flexibility & enhance the balance of your mind. The session will finish with some restorative relaxation/meditation to leave you ready to face the day!

**Tutor profile:** Alicja is a Yoga and Pilates teacher. She's been teaching groups and private clients for nearly three years.