

## COPES CHAIR YOGA.

The lovely Abigail, Bev's daughter, came along for a session of chair yoga at a recent coffee morning. We often find that gentle exercise and meditation sessions help to relax us.

It was a really fun session.

Here are some pictures:-



MacMillan research has shown that gentle exercise, like yoga and tai chi, aids recovery and can have positive effects on the after effects of chemotherapy.

We all benefit from a gentle stroll around the garden, the park or by the sea. It helps our minds and our bodies.