

# Ulverston Chair Yoga

**The Coach House  
Ford Park  
Ulverston  
LA12 7JP**



**Starting on 28th April 2025**

**Every Monday  
2:00pm to 3:00pm**

**Chair Yoga classes for adults 50 years and older.**

Stay active and healthy with simple, chair-based Yoga aimed at improving your mobility & fitness!

**Please contact us to book a place on this class.**

For more information about this, or our other classes, please call us on **01539 728118** or email **[admin@ageuksouthcumbria.org.uk](mailto:admin@ageuksouthcumbria.org.uk)**



Age UK South Cumbria, 17 Finkle Street, Kendal, Cumbria, LA94AB