

# **KEEP ACTIVE RELAX MORE (K.A.R.M.) CLASSES**

## **MONDAYS**

**4.15pm - 5.15pm THE BROADWAY CENTRE, SANDOWN**

## **WEDNESDAYS**

**2.45pm - 3.45pm WHIPPINGHAM COMMUNITY CENTRE**

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**A GENTLE MOVEMENT AND MINDFULNESS PROGRAM DESIGNED TO CALM  
AND RELAX THE MIND AND BODY.**

**AN OPPORTUNITY TO TAKE TIME OUT AND GIVE YOURSELF SOME  
QUALITY TIME. THE MOVEMENTS ARE BASED ON TAI CHI PRINCIPLES AND  
ARE EASY TO LEARN. THESE RELAXING ROUTINES CAN BE DONE SEATED  
OR STANDING.**

**DISCOVER WAYS TO IMPROVE YOUR HEALTH AND WELLBEING THROUGH  
MOVEMENTS AND MINDFULNESS TO HELP IMPROVE BREATHING, RELIEVE  
STRESS AND ANXIETY AND PROVIDE THE BODY WITH WELL DESERVED  
REST AND RELAXATION**

**SESSIONS ARE LED BY ANDY SAVAGE A TRAINED  
LEVEL 4 EXERCISE SPECIALIST IN CHRONIC RESPIRATORY CONDITIONS,  
CANCER REHABILITATION AND A PSI FALLS PREVENTION INSTRUCTOR.  
SINCE 2011 ANDY HAS WORKED WITH THOSE MANAGING LONG TERM  
CONDITIONS INCLUDING PARKINSON'S AND MULTIPLE SCLEROSIS.**

**LEARN THE TECHNIQUES OVER A FEW WEEKS AND THEN ENJOY YOUR  
WEEKLY OPPORTUNITY TO KEEP ACTIVE THROUGH MOVEMENT AND  
RELAX MORE THROUGH MINDFULNESS.**

**SESSIONS ARE OPEN TO ALL.  
CALL FOR FURTHER DETAILS AND TO ENROL ON YOUR  
INITIAL 5 SESSIONS**

**CONTACT: ANDY SAVAGE: 01983 810932 / 07779 616189**

**COST: £40 FOR 5 SESSIONS**

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