

## Introducing Our Exclusive Taster Session: Luncheon Club & Chair Yoga



In collaboration with the esteemed Kula, we're excited to bring you a preview of what could become your next favourite weekly rendezvous. This exclusive 'taster' session is designed to blend the art of gentle, chair-based yoga with the pleasure of gourmet dining, set within the heart of our warm community.

### Why You Shouldn't Miss Out:

- **Experience Chair Yoga:** Discover the numerous benefits of chair yoga, from improved flexibility to stress reduction, in a friendly and supportive environment.
- **Savour Gourmet Cuisine:** Delight your palate with our exquisitely prepared luncheon, crafted to complement your wellness journey.
- **Connect with Your Community:** Rekindle old friendships and forge new ones as we come together to share this unique experience.

**Your Participation Makes a Difference:** This taster session is more than just an event; it's a stepping stone towards introducing regular weekly Chair Yoga sessions to our community. Your attendance, feedback, and enthusiasm are crucial in making this dream a reality. Let's embark on this journey together, shaping a future where wellness and community go hand in hand.

### Event Details:

- **Date:** Thursday 18th April 2024
- **Time:** 12pm
- **Venue:** Asian Association of Chesterfield, S41 0SJ
- **RSVP:** Secure your spot by booking: [www.asianassociationchesterfield.org/tickets](http://www.asianassociationchesterfield.org/tickets) Limited spaces available!

### How You Can Help:

- **RSVP Early:** Help us plan a better event by confirming your attendance early.
- **Spread the Word:** Know someone who might enjoy this session? Forward this email and invite them to join us.
- **Share Your Thoughts:** After the event, we'd love to hear your feedback on making Chair Yoga a regular feature of our community.

We're looking forward to sharing this special day with you. Together, let's take the first step towards a healthier, more connected community.

Warmest regards,  
**Jessica Smith**  
Centre Manager



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Opening Hours:

Monday, Friday: 10am - 2pm

Tuesday, Wednesday, Thursday: 09:15 to 17:15 hours

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