

be yourself

yoga & pilates for athletes & runners

Counteract the effects of your training, improve strength/flexibility & reduce the likelihood of injuries: shin splints, hamstring pulls, piriformis & sciatica issues. Open up tight hips/lower backs & free up your body.

Beginners Classes - Workshops - One to Ones

ALSO AVAILABLE:

Sports Remedial Massage

Thai Yoga Massage

Osteopathy

plus many more therapies

we are happy to
come to your club &
offer a training session

the self
centre



www.the-self-centre.co.uk 01284 769090

5 % discount offered to West Suffolk AC members