



Online Yoga Group

FREE mindful yoga sessions via Zoom that teach techniques to help manage stress and anxiety. For people recovering from mental health problems, experiencing stress, carers or anyone wanting a gentle introduction to yoga.

We welcome all abilities and would love to meet you.

Our classes are held by a fully trained yoga instructor.

Tuesdays, 10.15 - 11.15am

Thursdays, 12 - 1pm

To book please contact:

Isobel Shea, Champion the Change Hub Coordinator, on
isobel.shea@bucksmind.org.uk or **07487 518513**

 **mind**
in Berkshire

 **mind**
Buckinghamshire