



BE ACTIVE

Yoga

Days:

Mondays (9-10am)

Tuesdays (6-6.45pm)

Fridays (9-9.45am)



Location: Online

A gentle but energising all levels practice. Focusing on mindful movements, connection to breath, refreshing stretches and some strengthening poses, this practice will set you up for whatever your day brings. Open to all, including beginners.

The benefits of practicing Yoga include, but are not limited to:

- Reduce stiffness and tension
- Reduction in anxiety, stress and worry
- Increased strength and flexibility
- Take time for yourself
- Increase focus
- Prepare the body and mind for your day
- Connection to breath and calming techniques

Please register and book your place online.



mindinbexley.org.uk/recovery/

