

Yoga Therapy for Improved Mental Health + Wellbeing

NEW CLASS



This **6 week training programme** looks at basic but effective + proven techniques that can be used for people suffering from **anxiety, depression or post traumatic stress disorder**. The programme is run by a yoga therapist / nurse.

The 1 hour sessions will start on the **16th October at 6.30pm** at **Frank Elford Sports** – 27 Mayflower Street, Plymouth, PL11QJ.

If you are interested please contact **Zoe** on **07763833667**.

Also please **email moleyzo886@gmail.com** for a **health questionnaire** to complete prior to course start + for **payment details**.

Full payment of £42 will be required prior to the course start.

On completion you will be able to use these techniques: **body awareness, sensory and breath control, together with yoga postures for use in any situation**. You will be surprised by the simplicity and benefits you will gain from this programme not just for now but for life.

Dress Code - Casual comfortable clothing, a bottle of water if you need, a yoga mat if you have one + a blanket if you want one.