

Yoga Therapy for Improved Mental Health + Wellbeing

NEW ONLINE 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 sessions will run every **Wednesday** from **September 2017** from **7pm – 8pm** **live and online**. Price is **£7 per session**. To **book** please **call Zoe** on **07763833667**.

Also please **email enquiries@befit4life.co.uk** for a **health questionnaire** to complete prior to course start + for **payment details**.

Full payment will be required prior to course start or on the first day.

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.

Thank you,

Zoe Drake.