

# Yoga for Everyone

## 6 sessions of 2 hours

### Course Overview

Would you like to improve your flexibility, strength and overall wellbeing? Join us, for our yoga for everyone workshop, a calming and accessible practice of yoga which will be suitable for individuals of all ages and fitness levels. This workshop will be an opportunity to try yoga for the first time or ease yourself back in gently.

### Course information:

This is a **free** 6 week course that includes 60 minutes practice, focused on moving the body into easy postures and stretches to encourage relaxation and ease out muscle tension. It will also include breathing techniques, alongside meditation, to support your body and mind to relax. The option of using a chair for support will be available if you find this helpful.

This course will offer you the opportunity to reflect on how you feel at the end of the session, as well as taking some of these practises into your daily life.

### What to wear:

Please wear comfortable clothes that allow free movement without restrictions.

### What to bring:

Please bring a bottle of water and a blanket or a jumper to keep you warm during the relaxation.

Chairs and yoga mats will be provided, but you are welcome to bring your own mat.



### Contact us:



01375 898 680



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recoverycollege.inclusionthurrock.org

**Meeting:** Grays

**Date:** 13th January - 17th February

**Times:** 10am-12pm

**Before attending, please make sure that you are officially registered with Thurrock Recovery College and have booked onto all relevant courses.**