

CARERS YOGA & RELAXATION CLASSES

Camden Carers Centre in conjunction with Creative Health Lab

6 weeks course in yoga and relaxation techniques led by a skilled yoga teacher with many years' experience as a massage therapist and reflexologist, these sessions are enjoyable, safe and fun. They take a holistic, intuitive approach with the aim of relaxing body and mind, providing useful, practical relaxation tools for daily life: a chance to unwind and recharge in a friendly, supportive environment. You will need to wear clothes you can move in easily. No need to bring any equipment.

Dates and times are:

Thursdays 15th, 22nd, 29th March and 5th, 12th & 19th April – 10am - 12pm

Please note: you must be able to commit to the 6 sessions in order to benefit from the course.

To book a place, please complete the tear off booking form and return to Camden Carers Centre, FREEPOST RSES-EZGE-JCGA, 293-299 Kentish Town Road, London, NW5 2TJ.



Name Telephone

Address

Postcode Email