**Do you know someone who is lonely, clinically vulnerable or self-isolating?**

Or anyone who might benefit from some gentle guided movement & social interaction online?

Come & join our small friendly group led by Hil

**Chair yoga class**

Every Thursday 10.30-11.30am on Zoom



An hour of functional mindful movement & breathwork from the comfort of your own home (do it in your pyjamas if you want!), designed to improve joint mobility, strength, balance, coordination, confidence & mood. Often with a social cuppa & chat online afterwards.

No flexibility or previous experience required. Donations up to £8, depending on your financial circumstances.

Please get in touch with Hil to find out more on 0796325257 or [hgwarrell@hotmail.co.uk](mailto:hgwarrell@hotmail.co.uk)