

NEW Chair yoga & social soup Club

At The Open Door, 360 Berkhamsted High St

12-2pm Thursday 13 February



An hour of functional & fun mindful movement, designed to improve joint mobility, strength, balance, coordination, confidence & mood, followed by a bowl of homemade soup, a cuppa & a chat.

NO flexibility or previous experience required.
Come for the giggle & the company.



£10 per person for your yoga & soup

Contact Hil to book your place on 0796325257 or hgwarrell@hotmail.co.uk

Donations to the centre for hot drinks

This club will be run twice a month