



YOGA

Twickenham Methodist Church Hall,
Queen's Road,

Twickenham, TW1 4EN

Friday's 10.30 – 11.30

£2.00 per session

Come and meet John, our triyoga teacher, (yoga) and join
co facilitators Georgie & Amy.

This class aims to physically increase your strength and
muscle tone

and mentally help lower your stress levels.

If you would like to book a place please contact
Claire Blackburn, Peer Volunteer and Youth Outreach Manager
07827 491 325, claire.blackburn@rbmind.org