

FREE WOMEN'S ONLY YOGA & WELLNESS SESSIONS

WOMEN'S WELLNESS



**SESSIONS BEGIN ON THE 3RD OF AUGUST
EVERY WEDNESDAY 4:30PM - 6:00PM
DALSTON DEN 89A KINGSLAND HIGH ST E8 2PB
YOGA MATS WILL BE PROVIDED!**

Immediate
Theatre

The
Henry Smith
Charity

founded in 1628

MORE ON THE
OTHER SIDE

We are offering **FREE** weekly yoga sessions for women to create a safe space and positive network.

For one month, we will be engaging women in yoga sessions designed to improve: strength, flexibility, coordination, and range of motion

The sessions will be led by yoga instructor, Christabelle Moon

These regular sessions will also promote relaxation, improve circulation, and reduce stress and anxiety.

We believe these activities will improve self-esteem and confidence towards desired career pathways and the pursuit of goals.



TO FIND OUT MORE OR SIGN UP CONTACT GBENGA OLOPADE VIA

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