

## TRINITY COMMUNITY PROJECT

Providing Opportunities & Activities for adults with mental health issues or learning disabilities

# YOGA WITH ALI

START MONDAY THE RIGHT WAY & BRING YOUR LIFE BACK INTO BALANCE WITH SIMPLE RESTORATIVE YOGA & MINDFULNESS.

ALL ABILITIES WELCOME; YOU CAN USE A CHAIR OR A MAT & PRACTICE YOGA AT YOUR OWN PACE WITHOUT JUDGEMENT.

Every Monday - £3 per session  
10:45 - 11:30\*

*\*Call or email to reserve your space*

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