



Compass  
RECOVERY COLLEGE



# Yoga

## 8th - 29th September

Yoga can benefit both our physical and mental wellbeing.

These workshops provide a supportive structured environment to learn new yoga skills so that you can take them away and continue to practice independently.

Through gentle movement, deep breathing and concentration, yoga will leave you feeling relaxed and in a positive frame of mind.

4 Weekly Sessions Starts Wednesday 8th September South Reading Community Hub 12:00 - 13.00



Enrol with us, free to join

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