



Compass  
RECOVERY COLLEGE

 **Reading**  
Borough Council  
Working better with you

## Yoga for Low Energy: From 16th Feb



These gentle yoga workshops are an invitation to explore your body's energy levels. Sometimes it is not easy to be in the body and we will investigate that with kindness and compassion.

We will listen to and feel the sensations of our bodies, reconnecting with ourselves and building energy reserves.

We will explore yoga poses and breathing to enhance self-awareness and better self-regulation in everyday life.

3 sessions  
Mondays, 16th - 30th January.  
4pm - 5pm  
Online

**Enrol with us, free to join**

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