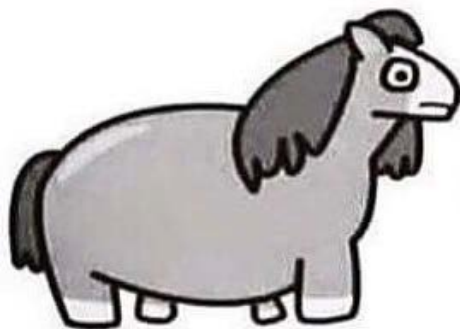


Worried about ASD?

Feeling Stressed?

before
Yoga



AFTER
YOGA



Parents of People with ASD are invited to come try Yoga (& parents/carers of those awaiting ASD assessment) – for free!

....followed by a hot drink & the opportunity to discuss concerns with other parents & a relevant professional

Yoga helps you manage stress, anxiety & depression through feeling better in your body

There will be 2 taster Yoga Sessions in September 2018:

Taster Session 1 – Thursday September 13th 9.15 -10.30am (note: Yoga only)

Taster Session 2 – Thursday September 20th 9.45 -11.45am (Yoga and chat)

There will be weekly Yoga sessions from November 2018 onwards:

Every Thursday morning 9.45-11.45am from November 8th until December 20th, 2018 (Yoga and chat) at *Canolfan Ebenser*, Stryd y Bont, LLangefni, Anglesey, LL77 7PN (flexible i.e. it's fine to come late or leave early), *during term time* (loose clothing). Equipment provided.

Just come along, or ring: 01248 388764

Everyone is welcome (all ages, sizes & abilities) ☺