

SEATED YOGA FOR OVER 65'S

Come and experience the benefits of seated yoga with our experienced instructor!

Once a month for three months **free** course!

To book your place, email your details and which course you would like to join to sneeicb-nee.colte@nhs.net



13:45 - 15:00



Wednesday 24th January
Wednesday 28th February
Wednesday 27th March



Mersea Community Support
Hall, 13 Melrose Rd, West
Mersea, CO5 8JB



10:45 - 12:00



Tuesday 23rd January
Tuesday 27th February
Tuesday 26th March



Foundry Court, Colchester Rd,
Manningtree, CO11 1EJ



13:45 - 15:00



Thursday 25th January
Thursday 29th February
Thursday 28th March



Essex Wildlife Trust, Old Hall
Lane, Walton on the Naze,
CO14 8LE