

YOGA

for chronic pain



**Mondays, 11am to 12pm,
Wellspring site, Beam Street**

If you have been living with pain for 3 months or more, this course can help you learn coping mechanisms to manage pain, while practising the gentle, healing movements of yoga.

- Practical tips for sleep and nutrition
- Meet others who understand your situation
- 1 hour sessions
- Everyone is welcome, whether or not you have a diagnosis
- Mixed gender
- Up to 14 participants.
- Due to the nature of the course, a basic level of spoken English is needed.

Self refer, or ask your GP or health professional to refer you.

For more information or to refer, email jane.rogers@wsb.org.uk

