

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

YOGA

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.

for chronic pain

- 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

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