

# ADAPTIVE YOGA

SESSIONS HELD ONLINE VIA ZOOM



EVERY TUESDAY 10:15 to 10:45



**LET'S KEEP ACTIVE  
AND HAVE SOME  
FUN!**

For more information about how to join, please contact the Occupational Therapy Team by:



Phone: 01234 310589



Email: [elft.otyoga@nhs.net](mailto:elft.otyoga@nhs.net)

