

GENTLE

Mat-based Yoga



For all registered carers



Join other carers at the Greenwood Centre for Mat Based Yoga.
A gentle, calming and relaxing exercise.
Treat yourself to some quality "You time".

Date:

Time: 11am—1pm

Location: The Greenwood Centre

*** Booking is required for EACH SESSION**

For more information or to book a place,
call: **020 7428 8950**

or email: **info@camdencarers.org.uk**

Please provide the following:

- Full name
- Name of event
- If you are registered with Camden Carers



Camden Carers is funded by London Borough of Camden and NHS Camden.
Camden Carers is a registered charitable incorporated organisation **1042757**.
The Greenwood Centre, 37 Greenwood Place, London NW5 1LB