



Waterloo Action Centre in partnership with Morley College invite you to

Reduce anxiety with yoga and meditation

What will you learn?

This course can assist you with managing anxiety by introducing and experiencing the benefits of yoga relaxation and meditation. You will learn gentle yoga postures and practise calming breathing techniques. You will also explore how meditation can help you to manage stress and develop inner calm. Course suitable for all abilities.

Dates and Times

Thursdays, 09.30-10.30
24 October – 12 December

Address

Waterloo Action Centre, 14 Baylis Road, SE1 7AA

To book a place or for more information

Contact David Andrews on 020 7261 1404 or e-mail wac.office1971@gmail.com

What shall I wear?

Please wear loose comfortable clothing, bring a pair of socks, a shawl or a jacket to cover yourself during relaxation. You are welcome to bring your own yoga mat if you prefer.