

6 WEEKS, 8 SEP - 13 OCT

YOGA WORKSHOP

for neurodiverse teens and young adults with additional needs, at **Xcel**

MONDAY 4:30PM - 5:30PM

WEEK 1 08 SEP

**Introduction
to yoga practice**

WEEK 2 15 SEP

**Balance through
movement and breath**

WEEK 3 22 SEP

Balance and Stability

WEEK 4 29 SEP

Stability and Strength

WEEK 5 06 OCT

Strength and Flexibility

WEEK 6 13 OCT

Yoga for all and every day

**♥ BEGINNERS
WELCOME**



- 📍 Workshop is run by a qualified yoga teacher and mother of a child with SEN
- 📍 at Xcel Leisure Centre, Waterside Dr, Walton-on-Thames KT12 2JG
- ⌚ Block of 6 sessions £60
- 📞 Please contact to book a place: Oxana - 07592 960887
- 👤 @ Xenia Cress
- 🔑 Holding on to the idea your child can not do something, will hold them back.

