



Weekly Yoga for Mental Wellbeing for **EVERYONE!**

Join us at Supporting Humanity's **FREE** walk-in Yoga sessions
(no registration required!)

Starting Thursday 17th November

When:
Every Thursday 1pm to 2pm

Where:
Belgrave Community Centre
285-291 Wanstead Park Rd
Ilford IG1 3TR

Please bring
your own yoga
mats
Water and
yoga mats
available
(subject to
availability)



and



Yoga with San'Ra

