

# Yoga Classes for people with learning disabilities



Great way to keep fit, increase flexibility and improve co-ordination, as well as learn relaxation and calming techniques.

Suitable for all ages and abilities, this class is interactive, creative and a great way to relax and de-stress.



[www.wedocare.co.uk](http://www.wedocare.co.uk)

Dates Every Friday from 5pm to 6pm, no need to book.

The Dance Studio, Hertford Theatre, Hertford, SG14 1PS

£6 per class. We can supply transport at small extra cost if needed. Supporting staff are free.



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