



**Libraries
Unlimited**

**Step One**
A brighter path to wellbeing

All Together Active

Yoga4Wellbeing

Join our FREE friendly 6-week yoga course and discover simple ways to support your physical and mental wellbeing through movement, breathing and relaxation.

All are welcome to:

- Improve wellbeing
- Feel more relaxed and energised
- Move more comfortably
- Connect with others
- Try our taster session – 29th September!



Sign up here

Time: 10am–11.30am

Location: Newton Abbot Library

How to book: Scan the QR code, visit or phone 01392 255428

OCT
20

OCT
27

NOV
10

NOV
17

NOV
24

DEC
1



01626 886223



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