



Sign up now!

Improve your
health & wellbeing

Yoga4Wellbeing

(Free 8-Week Course)

Who is it for:

- Anyone experiencing stress, anxiety or mild to moderate depression
- At risk of Type 2 diabetes or cardiovascular disease
- Suffering from social isolation

Dates:

- October: 23rd & 30th
- November: 6th, 13th, 20th & 27th
- December: 4th & 11th

Time: 10 am - 11.30 am

Location: Torbay Foyer, Torquay TQ1 4DZ



Sign up here

For further information:

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