

Yoga/Relaxation



Yoga/relaxation classes for parent/carers of children & young people with disabilities

Small group(between 10-12) with
experienced yoga teacher - mats provided
£5 per session

**Mondays 1-2pm (*term-time only*)
Our Lady of Peace Hall, 338 Wokingham
Road, Reading. RG6 7DB**

To book a place contact Ruth Pearse, Parenting
Special Children 07876 275731 or
ruth.pearse@btinternet.com

