

MINDFUL MOVERS

Therapeutic Yoga Classes

For Camden & Islington young people aged 16-24 who want to get active!

Feeling **underactive**? Looking for a way to **unwind**, **move**, and **connect** with others in a safe space?



- 6 weeks of free **therapeutic yoga classes**
- Group of 8-12 young people
- Led by Zael, a qualified Yoga Instructor
- **Mondays, 6pm-7:15pm**, starting from Monday 16th June 2025
- Local Camden yoga studio

What to expect:

- Gentle movements to ease your body
- Breathing techniques to calm your mind
- A supportive group environment



All levels welcome - no experience necessary! Comfortable clothes and an open mind are all you need!

If interested, please email
yoga@brandoncentre.org.uk
to request a referral form