



YOUNG MINDS YOGA

Every Thursday, from 4:00pm to 5:30pm

Mindful Sport in collaboration with Bedfordshire CAMHS offer Mindful Yoga - a free session designed to create headspace for young people aged 13 to 19 years.

The session will take place using Zoom and will include 10 minutes of breathing exercises followed by 35-40 minutes of yoga & a 15 minute relaxation.

Your video and audio will be off for this part because it will be recorded and hosted online for those who can't make live sessions. The last part of the session will not be recorded and you can choose to leave or stay & join us with video/audio. This is an opportunity to chat, ask the instructor questions and tell her what you would like from the sessions.

Please visit <https://camhsspace.crd.co/> to find out more and enjoy previous sessions.