



Derbyshire
Carers
Association

01773 833 833

info@derbyshirecarers.co.uk
www.derbyshirecarers.co.uk



Chair Based Yoga

Join in our chair based yoga sessions!

Sessions for all abilities - something to get you moving around and having fun! Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online.

Available dates:

11th & 25th Oct

8th & 22nd Nov

6th & 20th Dec

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk