

Take a break, rest and relax
Move your body and mind gently
with kindness

Healthy movement: Yoga & mindfulness



**DEDICATED TO ETHNIC MINORITY GROUPS
EXPERIENCING REDUCED WELLBEING**

Join us for free at **2.00 pm on Monday, 24th
January at CSREC** (Howgate Shopping Centre,
High Street, Falkirk, FK1 1HG)

REGISTRATION IS REQUIRED.

Please register on Eventbrite
[https://www.eventbrite.co.uk/e/healthy-
movement-yoga-mindfulness-tickets-244350367527](https://www.eventbrite.co.uk/e/healthy-movement-yoga-mindfulness-tickets-244350367527)
OR via email: iweta.baran@csrec.org.uk