

IN CELEBRATION OF INTERNATIONAL YOGA DAY



TO BOOK PLEASE SCAN HERE



RGS PARENTS ASSOCIATION INVITES YOU TO ANOTHER
FUNDRAISING EVENT

MENTAL WELLNESS AND YOGA

ON 25TH JUNE 2023 AT THE QUEEN'S HALL, RGS
WITH ALL PROCEEDS GOING BACK TO RGS

YOGA:

9.30AM - 10.30AM

WITH

NABANITA DAS

YOGA BASICS FOR BEGINNERS,
BREATHING EXERCISES AND
POSTURES / ASANAS THAT
CREATE BALANCE, STRENGTH
AND RELAXATION

WELLNESS:

10.45AM - 11.45AM

WITH

RAMYA PILLAY

UPLIFTING TOOLS AND BRAIN
HACKS TO DE-STRESS AND
MANAGE NEGATIVE
EMOTIONS

DISCOVER YOUR INNER PEACE WITH YOGA AND MINDFULNESS

FEED YOUR BODY WITH SOME HEALTHY SNACKS -
AVAILABLE TO BUY AFTER EACH SESSION

TICKETS PRICES:

ADULT £10 PER SESSION or £15 FOR BOTH SESSIONS

CHILD £8 PER SESSION OR 12 FOR BOTH SESSIONS

PARKING AT UPLYME CAR PARK OR OFF-STREET IN GREEN ROAD