Children's Mental Health Week, 7 to 12 February

Yoga Classes



Hinckley & Bosworth Borough Council would like to introduce FREE Yoga classes for children aged 6 to 16 years old. Yoga and meditation can support overall wellbeing and the classes are being held at various venues across the borough. Children need to be accompanied by a parent or guardian.



From 5:30pm to 6pm

Monday 7 February at
Markfield Sports Centre, Markfield LE67 9ST

Tuesday 8 February at
Bosworth Academy Dance Studio, Desford LE9 9JL

Wednesday 9 February at
Ashby Road Sports Club, Hinckley LE10 1SU

Thursday 10 February at
Burbage Community Centre, Burbage LE10 2BU

Friday 11 February at
Groby Community Centre, Groby LE6 0BD

Saturday 12 February: **Zoom**
9:30am to 10am & 10am to 10:30am

Places are limited so please get in touch with **Becki**
Email: **becki@barefoot-yoga.uk**
Tel: **07956 655656**

Hinckley & Bosworth Borough Council

active HINCKLEY & BOSWORTH