



Mindful Yoga

Every Wednesday, 1pm to 2.30pm
Bedford Central Library

Find the friendly team on the third floor of the Library
Extended session with more time for relaxation
Includes free tea & coffee from 2.30pm to 3pm
with the 'Break The Stigma' Campaign



£3
per person
.....
for Adults
18+

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



.....enlightening
Bedford Borough Libraries
.....inspiringsurprising.....motivating
.....stimulating

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk 01234 718829 www.bedford.gov.uk/sport