



Yoga for Young Minds

Every Tuesday, 4pm to 5pm
John Bunyan Sport & Fitness, MK42 9TS
Starting Tuesday 17th October 2017



£2
per person
for 12-18
year olds

Stretching, relaxation & light exercise to refresh the body & mind for teens & young people. No gongs, no incense, just a calm environment & a positive vibe.

Delivered by our Yoga teacher qualified in adolescent Yoga practice.

Parents are encouraged to stay in the café at the newly refurbished sports centre & speak with CAMHS staff who will offer advice & signposting to local services.

Mindful Sport is designed to be open to all and no diagnosis is required. The progressive sessions are delivered by coaches trained in mental health first aid and the focus is on promoting positive mental & physical health. Signposting to other services and support networks is available.

#JustTurnUp - No need to book - Just pay on the day
First come first served basis

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

ONE YOU



For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk

01234 718829

www.bedford.gov.uk/sport