

INCLUSIVE UNITED



**YOGA AND PILATES
INSPIRED WELLBEING
SESSIONS**



WELLBEING

Fun, gentle strengthening exercises. Helps relaxation, concentration and to calm your body and mind.

**Tuesdays
1.30pm to 2.30pm**



contact@inclusiveunited.co.uk

SESSIONS at:

**Grovehill Community
Centre
Henry Wells Square
Hemel Hempstead
Herts. HP2 6BJ**



SUITABLE FOR:

- Individuals with mild learning disabilities, neurodiversity or SEN.
- Aged 18+
- Male and Female

BOOK NOW



www.inclusiveunited.co.uk/events

**Inclusive United Community Interest Company
Registered in the UK 14962587.**