

# Yoga and Guided Meditation for Parents



A free\* course for Gloucestershire parents

Maxine is teaching an 11 week course for all abilities.

There's no need to be an expert

All you need is enough space to lie down in and some comfortable clothes.

She will teach you how to relax (on purpose)

This will help to relieve tension and build your resilience skills

If you have children at home they are welcome to join in.

**Starting on 19th January**

**Tuesdays 12:30 - 2:00 on Zoom**

The course is being delivered via Zoom to keep everyone safe. You can access this via your smartphone, tablet or computer.

**To book a place please contact [Fay.tucker@gloucestershire.gov.uk](mailto:Fay.tucker@gloucestershire.gov.uk)**

\*The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, have a learning difficulty or disability.