



Yoga & Relaxation Programme

A Mindful Paws are offering two 4-session yoga and relaxation programmes with Paula, an experienced, qualified yoga teacher.

Paula will teach you how to use gentle yoga practice, breathing techniques and relaxation skills to help you ease stress, tension and learn how to calm feelings of anxiety.

Starts Thursday 10th June

4-5pm via Zoom

**Please email A Mindful
Paws to book your place:
amindfulpaws@pm.me**

