**Saraswati Yoga Studio**

**122 Robin Hood Lane Sutton**

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**Yoga Course for**

**Teenagers & Young Adults**

**with SEN**

  **Fun, energising and relaxing 8 week yoga course for teenagers & young adults with SEN & their parent/carer if required**

**Yoga is good for general health, strength, balance,**

**concentration and mood.**

**It can help ease asthma, allergies, hyperactivity and anger and improve sensory processing and spatial awareness.**

**45 minute classes will be held each Thursday at 6.15pm**

**from 1st November up to and including 20th December 2018**

**This 8 week course costs £64 and, as numbers are limited, must be pre-booked and paid in advance.**

**To book a place or for further details please contact Laura at** **l.hopson2@virginmedia.com** **or on 07905504818**

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