



presents

YOGA 4 ALL

Online zoom class for people with disabilities and long-term health conditions

Tuesday @ 7pm

**FREE OF CHARGE. ALL ABILITIES WELCOME.
SEATED OR ON A MAT.**

If you don't have a mat we can buy you one if you are based in Sheffield!



For more info contact:
info@sheffieldcycling4all.org
or call Rosemary on 07565 695296