



Derbyshire
Carers
Association

01773 833 833

info@derbyshirecarers.co.uk
www.derbyshirecarers.co.uk

Chair Based Yoga

Tuesdays @ 1.30-2.15pm



Sessions for all abilities -
something to get you moving
around and having fun!

Take things at your own pace
and exercise in the comfort
and safety of your own home,
along with other Carers online.

Available dates:

18th January

1st & 15th February

1st, 15th & 29th March

For more information and to book a
place, please contact Katie Matkin by
phone, **07773 173 416** or email:
katie.matkin@derbyshirecarers.co.uk