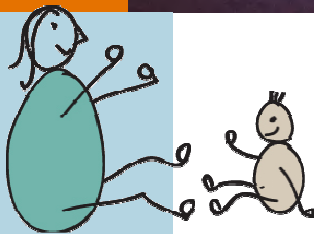


# The Hadley Family Centre



## Join us for Children's Yoga



These fun sessions are run by a qualified yoga instructor and are designed to encourage movement and focuses on the well-being of you and your child.

Join us on this 12 week programme, the Family Centre will be open from 1pm, so you and your child can enjoy some time here before the session begins. Each session runs for 45 minutes.

### Thursday 2pm

Please join us for parent and child yoga. This is a 12 week programme with a **FREE** taster session on

**Thursday 14th September**

£5 per session for the following weeks

Please contact Lorna Slee  
Children's Hub Manager to book your place.

03003309273 or [lorna.slee@sense.org.uk](mailto:lorna.slee@sense.org.uk)

