

# Yoga For You With Maya

Stretch, strengthen, breathe  
and feel at home in your  
body.

This new six week course  
starts with a free taster session on  
**Thursday 20th September**  
**4.15 - 5.30pm**

**All ages welcome to register**

The following sessions may be split  
depending on the age range.

Where: The Searchlight Community  
centre, Kingston Road, New Malden,  
KT3 3RX

This course is aimed at young people  
with a disability, their families, family  
carers and support staff who would  
like to discover the benefits of yoga.  
Maya teaches Yoga at the Dysart  
school.

Thanks to funding from Love  
Kingston, Kingston Mencap can run  
this course for £2 per person per  
session.

No charge for carers.

Places are limited so please book by contacting  
[michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk)  
or call 0208 546 2837

We cannot provide 1:1 support

