

Spelthorne, Bi-weekly



Mindful Movers

This group will start with relaxation, breathing and standing yoga. Each week we will wander through different natural areas, taking in our surroundings, looking for things we don't usually see, stepping out of our everyday lives for a while to reset. We will finish with a drink and chat. This group is for all levels, and we leave the meeting point promptly at 10.30.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.



catalystsupport.org.uk/activity-timetable/



groups.cc@catalystsupport.org.uk



01276 409 415



07919 541 424



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Connections
Surrey


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