



# WEEKLY YOGA SESSIONS

Want to connect deeper with your body, mind and soul?  
Want to practice mindfulness in a way that calms your nervous system and enhances your gratitude for yourself and nature?

Join One Planet Matters and Kim for weekly yoga sessions in nature! The sessions will take place in the Bedwas Community Garden situated behind the BTM Council Offices. **Can't make them all? No worries, you can join anytime.**

All you need to bring is yourself and a yoga mat :)



## First cycle: 6 - 7 pm

START	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
20/6/24	27/06/24	04/07/24	11/07/24	18/07/24	25/07/24

## Second cycle: 6-7 pm

START	WEEK 3	WEEK 4	WEEK 5	END
06/08/24	13/08/24	20/08/24	27/08/24	03/09/24

For more information contact [@earthmata](#) on Instagram or call/text Kim on +447384579108

