

WSO EVENTS

Free Event



Wellness for Women

➤ 6 Months Yoga Program by Manjiri

No competition, no comparison, no "pressure to get right". Just a space to breathe and to reconnect with your own inner strength. What you'll leave with:

- **Clarity:** A space to think beyond the noise
- **Relief:** A body and mind that can exhale
- **Reset:** A fresh start with renewed energy

*Come as you are in comfortable clothes and along with a yoga mat. Suitable for mat or chair practice.

Dates: 22 Sep, 27 Oct, 24 Nov 2026,
26 Jan, 23 Feb & 23 Mar 2027

Time: 10am - 11am

Location: Pickard St Community Centre
Warwick, CV34 4PT

RSPV: <https://bit.ly/WSO-Yoga>



STEP OUT - SPEAK UP - HAVE HOPE
www.womensteppingout.co.uk