



Therapeutic Yoga for Parkinson's

Mondays – 3 to 4pm

Teacher: Christina Jones

Price: £5 per session

Venue: Forest Park Community Centre

Address: Horndean Road, Forest Park, Bracknell, Berkshire
RG12 0XQ

Our yoga sessions aim to help with relaxation, mobility, and strength.
We will use simple, gentle movement and breathwork.
All practices can be done seated on a chair.

These sessions are open to people with Parkinson's and their family members.
You don't need prior experience of yoga to join.

To sign up please kindly contact
niloofar.br@nilbon.co.uk



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