

Women's Wellbeing Sessions



Yoga & other wellbeing physical activity resuming 17th January 2014.

Every Friday

10 :15 -11:15 am

Westminster Centre for Psychological Wellbeing
192-198 Vauxhall Bridge Road,
London
SW1V 1DX



Cost per session only £1.75!

Book now as places are limited.

For more information and to book a space please contact Phayza Fudlalla on 020 7227 0647
Email : phayza.fudlalla@theabbeycentre.org.uk

In partnership with IAPT and Westminster Health Improvement



Women's Wellbeing Sessions



Yoga & other wellbeing physical activity resuming 17th January 2014.

Every Friday

10 :15 -11:15 am

Westminster Centre for Psychological Wellbeing
192-198 Vauxhall Bridge Road,
London
SW1V 1DX



Cost per session only £1.75!

Book now as places are limited.

For more information and to book a space please contact Phayza Fudlalla on 020 7227 0647
Email : phayza.fudlalla@theabbeycentre.org.uk

In partnership with IAPT and Westminster Health Improvement

