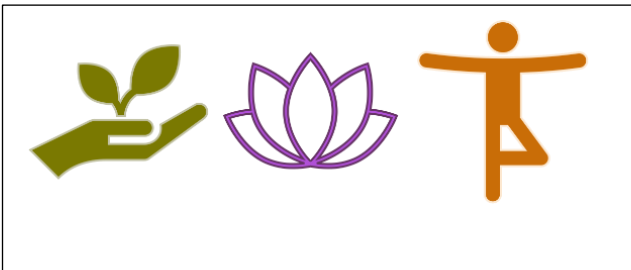


YOGA MOMENTS



Bringing the benefits of Yoga to people living with dementia and care-partners

Helping you use Yoga to enhance your quality of life and the people you care for and support

Free for people with dementia and unpaid carers

Yoga Moments: <https://www.yogamoments.org.uk>

YOGA COURSES & WORKSHOPS



Workshops for people with dementia, carers, families & friends

Short, half day workshops for people with dementia, unpaid carers, family and friends. No experience of Yoga is required.



Dementia Informed Training for Yoga Teachers

Thirty five hour CPD course for experienced Yoga Teachers and Yoga Practitioners.



Dementia Informed Training for Health & Social Care Professionals

For staff and volunteers working in health & social care, who are already trained to Dementia Informed level or above. No Yoga experience required.



Dementia Informed Training for Exercise Professionals

2 half-day workshops for exercise professionals working in any setting. You don't need experience of Yoga, or dementia or caring.

If you'd like to find out more or sign up, please:

Have a look at our website: [Yoga Moments](https://www.yogamoments.org.uk)

E mail us: info@yogamoments.org.uk

Phone us: 07727 883 881

We look forward to sharing Yoga with you.

Melanie & Sue