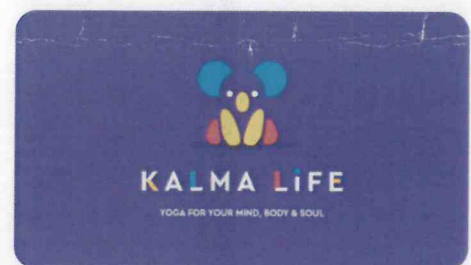


# WELLBEING YOGA

FOR PARENTS, CARERS AND FAMILY MEMBERS OF  
AUTISTIC INDIVIDUALS



with  
*Vicky*  
from



Join Vicky from Kalma Life for a wellbeing yoga session to take some time for yourself and to focus on your own mind, body & soul. This free session tailored to parents and carers, will include breathing exercises to support the nervous system and help adults find their breath to instil some calm, as well as some very gentle movement and yoga poses. This session is suitable for all levels and abilities.

DATE: Tuesday 7<sup>th</sup> October 2025

TIME: 10am - 11am.

AT: Autism Hub, Gordon St, South Shields NE33 4JP.

Please be aware that we can only accommodate 15 people in this session so we kindly ask that you only book a place if you can definitely attend.

**If you are interested in joining, please book a place by emailing [autismhub@ttht.co.uk](mailto:autismhub@ttht.co.uk) or by calling 0191 816 0550**

