

## Course/Group title: Yoga and Occupational Education Group

**Description of the course (including the number of sessions):**

A friendly class which will consist of practical yoga techniques in a safe environment and each session will include a relaxation time. The class will aim to help participants to identify then reduce tension throughout the whole body to increase a sense of general wellbeing.

**Dates & times:**

3<sup>rd</sup> Oct – 21<sup>st</sup> November

**Venue:**

WEA, Stand Road, Chesterfield

**Benefits of attending the course:**

The class will teach concentration/meditation techniques and the importance of having a focussed mind. The group will also include a focus on the benefits of engaging on occupation as well as the impact that diet and exercise can have on an individual's mental health

**Available to:** An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

**How to book a place:** Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Contact the team on 0300 123 3372

Current group facilitators: Occupational Therapist and staff from WEA

**To be included in which section:**

Keeping Well