



Creating
Ground



ONLINE YOGA

part of our *Keep on Moving* project supported by
Greenwich Healthier Communities

Every Tuesday
6:00 - 6:45pm

22 April -
1 July 2025

Location
Online via Zoom

Register
by emailing Rose at projects@theground.org.uk

Join us for these weekly
online yoga sessions for
migrant women. We will do
breathing exercises and
gentle stretching that you
can do at home with no
equipment needed!



Greenwich Healthier
Communities Fund

